

ITHACA 2008 Smoking Cessation Program

Sponsored by the Office of Human Resources

Break the habit
in only 8 Sessions:

February 28th - April 17th
Every Thursday from 12 to 1pm
Administration Annex

To register: call 274-3245
or e-mail BenefitsYourLife@ithaca.edu

Speak with a
Smoking Cessation Professional

 **CALL YOUR**
BalanceWorks[®]
Employee Assistance Program (EAP)

1.800.EAP.CALL

BalanceWorks[®]
is a free work/life benefit
provided by Ithaca College.

