

So you think you are ready to quit.

Human Resources, Health Services and Occupational Health, Safety and Environment are pleased to present “**So you think you are ready to quit**”. In this fun and interactive lunch and learn series participants stand to gain easy to use tools and strategies to support their smoking cessation efforts.



Workshops will take place on **Wednesdays from 12-1pm from July 20 to August 31** (no workshop on August 24) in **Clearihue room A308**. *No registration required* – just drop in! Bring your lunch and bring a friend!

Building the Case for a Healthier You - Getting Leverage (July 20, 2011)

Sara Wegwitz, RN – Clinical Nurse Educator, Health Services

In this workshop participants will learn what the key components are in making lasting personal change and will begin to create a compelling smoke-free future. Participants will have an opportunity to find out what motivates them and will begin to ignite their transformative journey. Let the adventure begin!

Yoga 101 (July 27, 2011)

Amy Allen - Health & Fitness Programmer, Athletic & Recreational Services

This beginner's yoga class will take you through the foundations of various different yoga postures with a focus on proper alignment and breathing techniques. You will learn fundamental standing, balancing, and floor postures that will increase your flexibility, balance and strength.

Managing Stress in the Moment (August 3, 2011)

Wendy Lum, MA, RCC, RMFT – Counsellor, Counselling Services

June Saracuse, Med, RCC – Counsellor, Counselling Services

During this experiential session you will learn how stress impacts the way we function and how the nervous system responds to stress through fight, flight or freeze. You will gain awareness into where you hold your stress and how you react or respond to stress. Specific strategies that help build your resilience will taught and practiced.

Nutrition Power Hour (August 10, 2011)

Sara Wegwitz, RN – Clinical Nurse Educator, Health Services

Heather Seymour – Manager Food Production & Purchasing, University Food Services

Ever wonder what causes an afternoon energy slump? Do you experience fatigue, grouchiness, aches, and or mental exhaustion? Nutrition plays a large role in the answer to these questions. What we choose to eat has a significant impact on our overall health and sense of wellness both in the short and long term.

Participants will stand to gain basic nutritional information on food in addition to learning tools and strategies to make choosing to eat well **easy** at home and on campus. Uncover how eating well can support your smoking cessation efforts.

Smoking Cessation Support: Tools and Teams (August 17, 2011)

Sara Wegwitz, RN – Clinical Nurse Educator, Health Services

QuitNow representative

Quitting smoking is a doable challenge in which millions of people have successfully overcome. A very important aspect to quitting smoking is support; there are many avenues of support and smoking cessation products available. In this workshop we will focus on just a few.

Participants will have an opportunity to virtually walk through Quit Now, a comprehensive smoking cessation website with a Quit Now representative. We will be learning about nicotine replacement therapy (NRT) products and how to use them. We will have free NRT products on hand.

Strategies for Success – Putting it all Together (August 31, 2011)

Sara Wegwitz, RN – Clinical Nurse Educator, Health Services

This is the final workshop of the series and will act as a spring board to assist you in creating a personal strategy for success in quitting smoking. Participants will have an opportunity to identify possible tempting situations and road blocks and invent possible solutions for these scenarios.