



Stop Smoking With QuitWell

Tobacco use is responsible for nearly 20 percent of deaths in the United States. Because cigarette smoking and tobacco use are acquired behaviors—activities that people choose to do—smoking is the most preventable cause of death in our country.

It's Never Too Late

No matter how long you've used tobacco, the benefits start almost immediately once you've stopped!

- Within minutes, pulse rate slows and blood pressure drops.
- Within hours, carbon monoxide in the blood drops, allowing blood to carry more oxygen.
- Within days, smell and taste start to improve, bronchial tubes expand, and lung volume increases.

Are You Ready to Quit?

Greenville Health System (GHS) will supply the tools—you provide the dedication to quit. GHS and the American Cancer Society have customized the Freshstart program to help anyone quit smoking. Called QuitWell, the program consists of five weekly sessions with proven activities and methods to stop smoking.

How do I enroll?

Call (864) 455-WELL (9355) today to enroll in QuitWell or to find out more about the Greenville support group.

To talk to someone about making the choice to quit or learn more about the process of quitting by sharing with others from the community, join our support group at ...

Patewood Memorial Hospital Community Room

175 Patewood Drive • Greenville
Tuesday, 6-7:30 p.m.

Many companies, including GHS, offer incentives to quit using tobacco.

For more information, please call **(864) 455-WELL (9355)** or check with your Human Resources unit.



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HEALTH SYSTEM**

