



The Quit For Life® Program and Mobile App Brought to You by the American Cancer Society and Optum

The Quit For Life Program is the nation's leading tobacco-cessation service. Tobacco users looking for a pocket-friendly version of a cessation program also have access to the Quit For Life mobile app. You don't have to participate in the Quit For Life Program to use it. The free app provides smartphone users with a downloadable tool that supports them throughout the quit process, helping them set a quit date, identify reasons for quitting, and conquer cravings once they've quit. The app is available on both iOS and Android platforms. Visit quitnow.net to learn more about the program and app.

American Cancer Society Freshstart® Program

The Freshstart program is a group-based smoking cessation program designed to facilitate a successful quit attempt by providing essential information, skills for coping with cravings, and social support. To implement the program a designated group facilitator needs to complete the free online Freshstart facilitator training at their convenience. After completing the training, they will be responsible for promoting and leading the group through each Freshstart session. Visit acsworkplacesolutions.com/freshstart.asp to learn more.

(Note – Mount Carmel Church Partnerships is happy to support the Freshstart Program in your faith community with educational resources and copies of the materials. Call Kate, 614.546.4062, for more information.)



HEALTHY GATHERINGS CHALLENGE

The Healthy Gatherings Challenge is an initiative to implement policy, system and environmental changes within your organization and the community you serve, promoting a lifetime of healthy behaviors.

October 1st – December 31st, 2017

3 Steps to Participate:

1. Complete an online survey* each month you participate:
<https://www.surveymonkey.com/r/HealthyGatheringsChallenge>
2. Write a small testimonial or quote of your overall experience
3. Send at least 3 photos of your efforts to Ali Segna at amsegna@columbus.gov

Who Should Participate: Community leaders, stakeholders and organizations committed to creating a healthier environment.

FREE Incentives for Those Who Participate:

- 3 gallon Water First for Thirst coolers
- Healthy Celebration Rings of Fun
- Glass water pitchers
- And more...

For more information, contact Ali Segna at 614.645.5310 or amsegna@columbus.gov.



get answers to improve your financial health for **FREE!**



A certified financial and credit counselor will help you, your family and friends with questions on:

- Spending plans (budgeting) and savings
- Credit reports
- Credit scores
- Debt management
- Problems with collections and collectors
- House buying - mortgage applications
- Housing foreclosure intervention and prevention
- Reverse mortgages (over 62 and having cash flow problems)
- Senior/Elder care money management
- Personal financial document organizers

You can call or email Richard with your questions.

Contact info: 614.899.0196 x 203 or richard@warmwesterville.org

Rich schedules individual appointments and is available to make group presentations



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