

MENDOCINO COUNTY

# WORKING ON WELLNESS

## Free Nicotine Replacement Therapy Available

November is **Lung Cancer Awareness Month**, an annual observance dedicated to raising awareness about lung cancer, sharing personal stories, and supporting those affected by the disease. While not all forms of lung cancer are linked to smoking, it's well known that tobacco use can significantly affect overall health.

Through **MCWOW**, Mendocino County's employee wellness program, *all County employees* have access to **Personify Health**, an interactive and dynamic wellbeing platform. Employees can receive **free nicotine replacement therapy (NRT)** and work with **certified health coaches** who provide support, encouragement, and accountability.

Research shows that combining health coaching with NRT significantly improves success rates for those ready to quit tobacco use. This is one of the many ways MCWOW empowers employees to take steps towards better health.

Click [here](#) to learn more about Personify Health Coaches and free NRT.

## Healthy Holiday Cooking with Blue Zones Project Mendocino County

As the holidays approach, **MCWOW** is partnering with **Blue Zones Project Mendocino County** to bring Healthy Holiday Cooking Demonstrations to County employees in **Fort Bragg, Willits, and Ukiah**. These engaging sessions offer practical tips for preparing nutritious, budget-friendly meals while preserving the flavors and traditions that make the holidays special.

The demonstrations highlight simple ways employees can enjoy seasonal favorites while making healthier choices that support long-term well-being.

Learn more about MCWOW's Healthy Holiday Cooking Demo [here!](#)



