

Workshop to help people kick the nicotine habit

Do you have patients who smoke, chew or vape and want to quit? Security Health Plan and Marshfield Clinic have teamed up to offer Nicotine Free, an interactive workshop focusing on tobacco and nicotine cessation. Health coaches will help participants learn the process to quit and create a plan that works best for each individual.

Two workshop times are available:

- A morning workshop will be held from 9 to 10 a.m.
- An evening session will be from 5:30 to 6:30 p.m.

Both workshops will meet weekly on Tuesdays from April 9-30 at the Marshfield Clinic Health System YMCA in Marshfield. The workshop is available free of charge to all community members, but registration is limited to 12 participants per session.

Following the in-person workshops, participants will continue with over-the-phone health coaching from May to July.

Security Health Plan members unable to attend the workshop can take advantage of free health coaching by telephone at any time. Learn more about Security Health Plan's health coaching program [here](#).

To register, email wellness@securityhealth.org or call 1-833-933-9355 (TTY: 711), Monday through Friday, 8 a.m. to 5 p.m.