



24-HOUR CEASE FIRE

Date: November 19, 2009

Time: 12:00 am—12:00 pm

Put away your cigarettes for 24 hours and win prizes from the PCSB Wellness Program!

I testify that I was smoke free for 24 hours on November 19th as part of the 24-Hour Cease Fire Challenge.

Name _____

Worksite _____

Witness _____

Fax to Darcee Mora, Wellness Program
863-648-3060 by Wed., December 2.

Florida Quitline 1-877-U CAN NOW

What was the hardest time of the day?

What helped you get through those times?

What type of support can the Wellness Program provide? _____

How many attempts have you made to quit smoking? _____

Have you used Nicotine Replacement Therapy (NRT)? _____

Do you plan to remain nicotine free?

Would you be interested in additional resources to assist you in your efforts?