

*Quitters Welcome!*

*If there is any good news about smoking, it is that if a smoker quits, many of the negative effects of smoking can be reversed, and at a faster rate than previously thought.*

CIGNA presents

## Smoking Cessation

A telephone wellness seminar:

Wednesday, November 11, 2009

2:00 p.m. ET / 11:00 a.m. PT

• **When you attend this seminar, you'll learn:**

- Understand your smoking habit
- Learn health consequences of smoking
- Become familiar with smoking cessation assistance and methods
- Create a personal plan for quitting

Please pre-register online at:

<http://ww4.premconf.com/webrsvp>

Confirmation code: 9971244

The dial-in number and passcode will be provided to you on the registration site, please write these down for reference. Handouts will be available to download from the registration site. A recorded playback of each seminar will be available starting two hours after the seminar until midnight on the 10th day from the teleconference date. The dial-in number and passcode for the replay are available on the registration site; please write these down for reference.

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