

**PROWERS MEDICAL CENTER IS PROUD TO ANNOUNCE THAT
WE ARE A TOBACCO-FREE CAMPUS!
JULY 1, 2009**

Healthy is the way to be ... Tobacco Free at PMC!

During the day, stop by the Human Resources Department between the hours of 8:00 am to 1:00 pm and:

- ★ Participate in our *“Pledge to be Tobacco Free”* activity.
- ★ Gather information and resources on how to stop using tobacco while on PMC property. Including:
 - Helpful Website addresses
 - FREE Program options available to PMC Team Members
 - Nicotine Replacement Products available through the PMC Group Health Insurance Plan
 - Availability of FREE *“Quit Kits”* for PMC Team Members and Hospital Guests
 - Exercise programs
 - Healthy Eating Tips and Nutrition Counseling options

It's easy to participate! Just fill out the *“Pledge to be Tobacco Free”* card below and drop it in the box located in the Human Resources Department. Your name will be entered to win:

- ★ \$50 gift certificate to the Lamar Community College Fitness Center.
- ★ 20 Punch Pass Card to the Lamar Community Building Fitness Center.
- ★ \$15 gift certificate to The Shoppe @ PMC.
- ★ Coupons for a FREE Meal in the PMC Cafeteria.
- ★ Redeemable Coupons for 4 hours of PTO and 8 hours of PTO (one each)

**FREE Healthy Breakfast items will be available in the PMC Cafeteria
between the hours of 7:30 am and 10:30 am for all participants!**

For Better Health, *“Pledge to be Tobacco Free”*

(Please check one)

- I do not smoke or use tobacco products.
- I used to smoke or use tobacco products, but no longer do.
- I smoke or use tobacco products, but pledge to quit.
- I smoke or use tobacco products, but pledge not to do so on hospital property.

NAME _____ DEPARTMENT _____