



**Date:** January 7, 2010

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**Technical questions:** Patricia M. Davis-Salyer, 503-945-7813

## Learn how to quit smoking for good online

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The Department of Human Services (DHS) Addictions and Mental Health Division's Wellness Initiative, Tobacco-Freedom for Recovery, The Smoking Cessation Leadership Center and Rx for Change are teaming up to offer a free three-hour online training session on January 13, 2010 from 1 p.m. to 4 p.m. (PST).

The training will provide valuable information on how to quit smoking and how to support the decision. All participants are welcome to ask questions, provide comments and partake in the online activities.

To register for the Oregon webinar, log onto:

<https://rwjf.webex.com/rwjf/j.php?ED=135783387&RG=1&UID=0&RT=MiM0>.

The 15<sup>th</sup> and 25<sup>th</sup> registrant receives a healthy goodie basket.

The webinar will also be recorded and can be viewed online after the event from the [Smoking Cessation Leadership](#) (SCLC) website. For registration questions contact Reason Reyes, SCLC Technical Assistance Manager at [reason.reyes@ucf.edu](mailto:reason.reyes@ucf.edu) or call toll free (877) 509-3786.

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