



Struggling to Quit? We Can Help!

Massachusetts Laborers Union Tobacco Cessation Program

SMOKING CESSATION SERVICES INCLUDE:

Up to eight (8) face-to-face sessions with a behavior modification counselor.

Telephonic coaching for up to one year for smoking cessation related issues, such as:

- Stress management
- Weight management and nutrition counseling
- Tobacco cessation coaching

Nicotine patch—50% off an 8-week nicotine replacement therapy program (if appropriate).

Access to the www.LifeScopeEAP.com website with information and resources regarding smoking cessation, in addition to a wide range of work-life and wellness issues.

Contact your Member Assistance Program today to start working toward a tobacco-free future.

800.522.6763

www.LifeScopeEAP.com

username: **mass laborers**

password: **guest**

This free program, provided through the Member Assistance Program, offers support to Massachusetts Laborers members and those in their household that want to become tobacco-free, but can't do it alone.

LIFESCOPE
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