



BREATH OF FRESH AIR



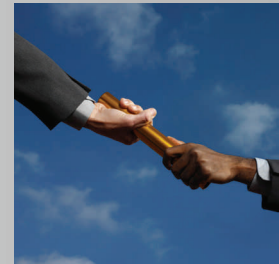
# Smoker / Non-Smoker Buddy Program

*Research shows that the buddy system works for helping individuals quit smoking!*

**Do you like to help others or would like some assistance?**

We are starting a "buddy" program for Home Care Group employees looking to quit smoking. Whether you are:

- a smoker looking for assistance
- an individual who just quit smoking
- a non-smoker looking to assist a smoker quit



**This Program May Be For YOU!**



> To register or for more information, please call or e-mail (410) 955-9538 or [Wellnet@jhmi.edu](mailto:Wellnet@jhmi.edu)



A program for JHHCG benefit eligible employees  
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