

Helping your staff quit smoking

Smoke-free workplace policy

Offering quit smoking courses in conjunction with a smoke-free workplace policy provides a supportive environment that helps smokers cut down, quit and stay stopped.

For information, tips and support on how to develop a smoke-free policy visit

<http://www.cancerwa.asn.au/prevention/tobacco/smokefreeworkplaces/>.

To register for a course contact the *Fresh Start* program team on **9388 4333** or email Freshstart@cancerwa.asn.au.

Cancer Council Western Australia

A non-government,
community supported organisation

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Fresh Start Workplace Services

Helping your staff
quit smoking



Fresh Start
A better way to quit

Having a smoke-free workplace has been proven to greatly increase productivity, reduce absenteeism and lift morale.

Cancer Council Western Australia's *Fresh Start* Workplace Services offer FREE quit smoking courses and smoke-free policy advice to workplaces.



Fresh Start Course

Fresh Start is a course for smokers who want help with quitting. The course comprises eight 1-hour sessions over a four week period. The sessions are conducted by a trained facilitator and provide smokers with the information, resources and support they need to quit smoking and stay stopped.

Cost	Free
No. of participants	Minimum 6, maximum 12
Suitable for	Staff who want to quit
Where	At the workplace

It's time to go smoke-free



Fresh Start Short course

This course has been designed for regional or remote workplaces. The course comprises two 3-hour sessions, held two or three weeks apart, combined with telephone follow-up between each session. The course is a condensed version of the *Fresh Start* course and is offered as an alternative in cases where time and distance does not allow for delivery of a longer course.

Cost	Free
No. of participants	Minimum 6, maximum 12
Suitable for	Staff who want to quit
Where	At the workplace