



Starts Wednesday, August 23rd on Wellness Day

9am to 4pm (Lobby)

This semester, take an important decision and become an ex-smoker!

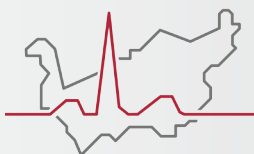
1st: Get more information from the brochure given at the infirmary

2nd: Visit the nurses' booth in the lobby on August 9th

3rd: Register yourself before August 23rd at the infirmary

Be ready to stop smoking on August 23th!

*Join us at the Stop Smoking Challenge stand during the Wellness day,
and get your Stop Smoking kit!*



Hôpital du Valais
Spital Wallis



CIPRET
VALAIS

SAVE THE DATE!



▼ **August 9th 2017: 10am to 3pm – Lobby**

Smokefree Campaign - Ageing Photobooth

*Explanation of the smoking cessation process, tips and advice, Q&A
Registration to the Stop Smoking Challenge*

▼ **August 23rd 2017: Les Roches Wellness Day – Lobby**

Your first day as an ex-smoker! Be part of the Stop Smoking Challenge!

▼ **August 25th 2017: 10am to 11am – Infirmary**

1st group session led by Dr Charton-Furer Joelle

Stress management, anxiety, cravings... Once a week – upon registration

Get involved!

Congratulations for taking this step. A special gift will be given to those who complete this challenge to become an ex-smoker! Feel free to contact the campus nurses with any questions about this Stop Smoking Challenge:

nurse@lesroches.edu 027 485 96 14 / 079 429 63 34