



FREEDOM FROM SMOKING

A New Tobacco Cessation Support Group from the EACC

Make 2026 the year you quit for good! Join EACC counselors and trained facilitators Jada Baker, LMSW, and Joi Shelton LMFT, for an eight-session program where you will work alongside others towards a tobacco-free life. Together, you will start to understand tobacco use, prepare for quit day, develop effective quitting strategies, manage cravings, build a new self-image and learn how to stay tobacco-free.

WHEN & WHERE:

- Virtual Sessions:** Every Tuesday between February 10 and March 24, 1 to 2 p.m., via Zoom.
- In-person Session:** Thursday, March 5, 1 to 2 p.m., at the EACC Office, 2112 11th Ave. South, Suite 330.

WHO:

Group is free and open to UAB, UAB Medicine, VIVA Health, Homewood and Tarrant City Schools, i3 Academy, and Southern Research employees, and members of their immediate household.

REGISTRATION:

Participants must complete the Group Counseling Intake Form at go.uab.edu/eaccforms. You will receive a confirmation email and Zoom link within three business days of submitting your form. To request disability accommodations, email HRAWARE@uab.edu.

Discontinuation of Tobacco Surcharge

Benefit-eligible employees enrolled in a UAB medical plan who attend all sessions and receive a certificate of completion are eligible for a Discontinuation of Tobacco Surcharge. For more details, visit go.uab.edu/quit.