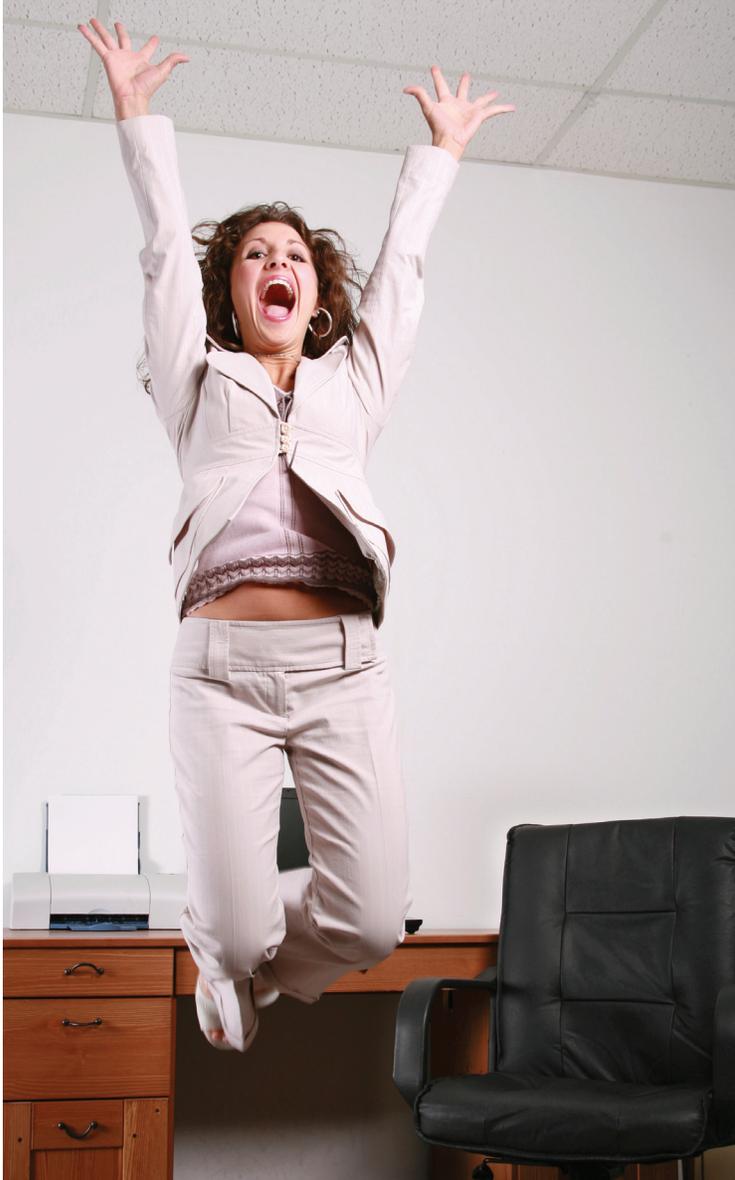


# We Have Your Worksite Wellness Solutions!

And look how excited people are about it



The American Cancer Society is so committed to the health of your employees, most programs are **free** of charge.

Our **Workplace Solutions** target the primary areas of chronic disease prevention that will improve the health of your employees and your bottom line.

**Quit Tobacco:** Let us help your employees quit smoking with our motivational Freshstart® group-based cessation program or the American Cancer Society **Quit For Life**® program, operated and managed by Free & Clear. Quit For Life is an industry leading telephone-based tobacco cessation program with optional web support.

**Get Active:** 1180 companies and over 172,000 employees have become **Active for Life**™. This fun, team-based program increases physical activity levels, boosts morale, and is paper-free.

**Be Healthy:** Our **Meeting Well** guidebook helps you create a work environment where the healthy choice is the easy choice.

**Stay Informed:** Awareness tools like our **HealthyLiving** wellness e-newsletter and our **Content Subscription Service** provide you and your employees with access to a wealth of wellness information from a trusted source.

*To learn more about how the American Cancer Society helps employers, visit us at [www.acsworkplacesolutions.com](http://www.acsworkplacesolutions.com) or call 1.800.227.2345.*



THE OFFICIAL SPONSOR OF BIRTHDAYS.®