



Smoke Free Society Corporation: Employers Cut Costs By Helping Their Employees Quit Smoking

Smoke Free Society Offers Free Download Of Its Proven Stop Smoking Technique to Help Employees Quit Smoking

For Immediate Release

PALM BEACH GARDENS, Fla./EWorldWire/March 3, 2006 --- Each year, March 12 rolls around and employers are reminded of National Employee's Day -- a day where they show appreciation to their employees. One gesture of appreciation is to provide them with more health awareness and prevention benefits that educate and encourage them to live healthier lives, while cutting costs. One of the most valuable benefits being offered by employers are smoking cessation programs and seminars to help reduce tobacco use among their employees, especially as more cities and states are going smoke free in the workplace.

Smoke Free Society offers effective, educational seminars and programs that are designed and targeted to the entire staff -- both smokers and nonsmokers -- to help create a caring and supportive environment that is more conducive for smokers to quit and to help nonsmokers better understand their roles in helping their co-workers, friends and loved ones quit smoking. As a part of its mission to promote the smoke-free workplace and as an incentive to corporations, Smoke Free Society also offers a free, online download of its Proven Stop Smoking Technique the entire month of March and encourages employers to make it accessible to their employees to help them quit smoking.

An employee who smokes costs themselves over \$1,500 a year on cigarettes alone and costs their employer more than \$9,300 in lost productivity, smoking breaks, excess medical expenditures, liability insurance and other related costs each and every year. According to the Centers for Disease Control and Prevention (CDC), employee tobacco use costs U.S. companies an estimated \$167 billion each year in direct medical costs and lost productivity due to morbidity. Smoking costs businesses even more when absenteeism, lost productivity due to smoke breaks and workers' compensation claims are included -- with an overall tobacco-use prevalence of 22.5 percent, a company of 10,000 employees is incurring an estimated \$12,333,200 per year in costs associated with smoking.

Smoke Free Society's educational seminars are conducted on/off the employer's premises and the inclusive smoking cessation program incorporates its three-step process of preparation, quitting without use of any substance or drug, and support -- with major emphasis on educating the smoker before they begin the process of quitting.

Smoke Free Society is a national, nonprofit organization dedicated to helping smokers quit and educating kids not to start. It is offering a free download of its Proven Stop Smoking Technique to those who want to quit smoking in just 17 days. Its Web site is a portal to an array of information on the adverse effects of smoking and the benefits of quitting. Smoke Free Society offers a variety of quit smoking seminars, plans and programs to help employers educate and encourage their employees to quit smoking.

Visit the Web site at www.SmokeFreeSociety.org today.

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KEYWORDS: Smoke Free Society, Linda Seyedin, Rez Seyedin, National Employeeâ€™s Day, nonprofit, smoking, cessation, seminar

SOURCE: Smoke Free Society Corporation