



戒菸顧荷包



2024年度

省錢增健康



X



X

365

1包/天*100元*365天=36,500

香菸中的有害物質其中3項

尼古丁：

使心跳加快、血壓上升，促進血小板凝聚，是危害心血管與上癮的成分



焦油：

會阻塞及刺激氣管、肺部，使肺部組織失去彈性，且含多種致癌物質



一氧化碳：

會代替氧氣與紅血球結合，造成體內缺氧，心肌梗塞



課程日期 4/19、4/26、5/10、5/17、5/24，週五，下午15:00~16:00
時間/地點 四樓_多元教室

課程內容 揭開菸與電子菸的真相/戒菸十守則、戒菸心理與壓力調適、戒菸與飲食控制、吸菸併發症對進食及說話影響/保養與復健、健康生活型態培養

報名日期 即日起~

報名對象 1.吸菸同仁任選一堂必修。
2.對菸害及戒菸議題有興趣同仁及眷屬。

報名窗口 廠護管理師_03-5386139分機128或掃描QR Code



其他 1.課前均可免費檢測體內CO(一氧化碳濃度)
2.此活動列入113年度健康促進計畫，健康點數累積及競賽活動項目之一。

EHS20240408



Quit smoking and take care of your wallet Save money and improve health



2024Year



X



X



1 pack/day*\$100*365 days=\$36,500

There are 3 harmful substances in cigarettes

Nicotine:
It speeds up the heartbeat, increases blood pressure, promotes platelet aggregation, and is a harmful and addictive ingredient to cardiovascular disease.



Tar:
It will block and irritate the trachea and lungs, causing the lung tissue to lose elasticity, and contains a variety of carcinogens.



Carbon monoxide:
It will replace oxygen and combine with red blood cells, causing hypoxia and myocardial infarction in the body.



Course date
time and location

4/19、4/26、5/10、5/17、5/24、(Fri)、PM15:00~16:00、
4F_Diverse classroom

Course
content

Uncovering the truth about cigarettes and e-cigarettes,ten rules for quitting smoking, psychology of quitting smoking and stress adjustment, quitting smoking and diet control, Effects of smoking complications on eating and speaking/maintenance and rehabilitation, healthy lifestyle cultivation

Sign
Up date

From now on~

Sign
Up object

1. Smoking colleagues can choose one class as a compulsory course.
2. Colleagues and family members who are interested in smoking harm and smoking cessation issues.

Sign
Up window

Factory Care Manager_03-5386139 extension 128 or scan the QR Code



Other

- 1.You can test the CO (carbon monoxide concentration) in your body for free before class.
- 2.This activity is included in the 113th Annual Health Promotion Plan, one of the health point accumulation and competition activities.

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