



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。



2024 Year

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



X



X



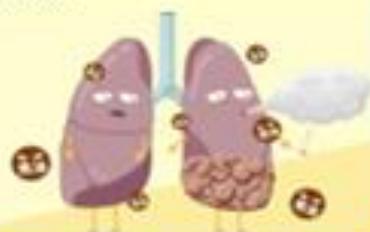
1 pack/day * \$100 * 365 days = \$36,500

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.