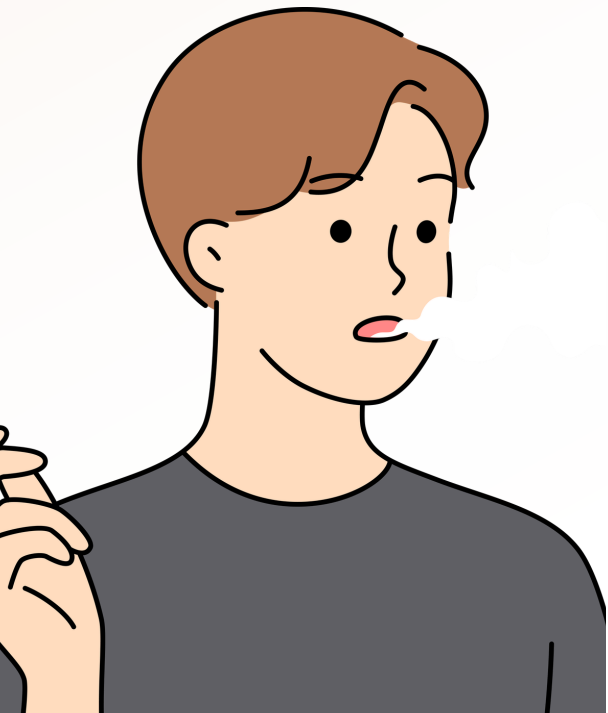


# NO TOBACCO DAY

31 MAY



## Take the First Step

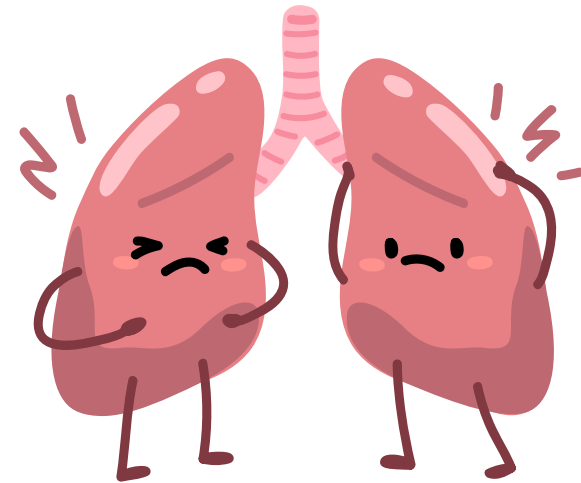
Real change starts with awareness – and with facts.

Smoking doesn't only affect health; it impacts energy, focus, and daily performance.

Together, we will explore practical strategies to break the cycle of addiction and take the first step toward a smoke-free life.



electra@workwell.gr  
[Zoom Meeting Link 15'](#)



An Interactive Experience  
90' | Onsite or Online

Mentimeter, an interactive tool with live polls and anonymous Q&A to encourage participation.

Short videos and discussion moments will make the session engaging, practical, and highly interactive.

## SMOKING: A COSTLY HABIT TO ORGANIZATIONS

Smoking remains a leading cause of heart disease, strokes, and respiratory illness, while also harming passive smokers.

In the workplace, it reduces productivity through more sick leave, frequent breaks, and lower concentration - creating a real cost for both employees and organizations.

31% more sick leaves  
€3.033 smoking breaks  
€462 presenteeism

## RECLAIMING CONTROL: HEALTH & PERFORMANCE

This session highlights how smoking affects not only long-term health, but also everyday performance - energy, productivity, and quality of life.

We will explore **realistic prevention** and cessation strategies, discuss how support systems increase success rates, and **focus on small steps** that lead to lasting change.

A smoke-free life is possible - and it starts with the decision to take control.

