



Franklin Building Supply contracted with Nancy Caspersen to teach tobacco cessation classes at all of our locations throughout Idaho and Nevada as part of our wellness program. The classes were a big success with our employees and their spouses who attended, many of them going on to quit.

Nancy's teaching techniques are not the same as others who may teach cessation classes, which was refreshing to us as well as to our employees. The information she shares first shocks and then makes individuals angry at what tobacco companies have done and continue to do to their products in order to make millions of dollars by keeping people addicted. Nancy educates participants so they come away knowing why they have been unable to successfully quit in the past and shares invaluable information with them so they know the most successful options available to help them quit for good. We have heard nothing but glowing remarks from those who participated in her classes.

I would professionally and personally recommend her to any company wanting to provide this service to its employees; it is a smart investment to make.

Franklin Building Supply



Sorrento Lactalis Nampa Site contracted with Nancy Caspersen to provide the *Quit with Nancy™ Tobacco Cessation Program®* to any of our employees and their family members that would be interested in learning about tobacco addiction and the latest treatment options for long term quit success. This program is designed to educate and motivate smokers and chewers to build their own personal quit plan, usually targeting a quit date shortly after the program ends. In the first two months following the program, approximately half of the attendees quit using tobacco after attending Nancy's class and feel confident that they will be successful using the tools she provided.

We held two sessions a day for 4 days (each session was 2 hours long) and had 31 people attend all four of the sessions. Each attendee expressed their extreme satisfaction with the time they spent in class and all learned new information about tobacco addiction and the tools available to help them quit. Other employees have now come forward and are requesting additional sessions because the first 31 attendees have been so vocal in their enthusiasm for the class. Thus far we have had 16 of the 31 attendees quit and sign tobacco-free contracts with Sorrento. This contract is voluntary to encourage and reward those employees that successfully quit for one year.

Nancy explained to the attendees why they have been unable to successfully quit in the past and how to be successful this time around. She did this by using effective analogies to explain the medical reasons for this and relevant, real-life examples that were both poignant and interesting. We found her presentations easy to understand and enjoyable, and look forward to bringing Nancy back out to our facility for additional sessions on a quarterly basis as well as providing monthly support classes for our employees that have decided to quit tobacco.

We thank Nancy for her efforts in helping thousands of people across the United States to "kick-the-habit", including a large portion of our 500+ employees. We expect to see significant health cost reductions in both personal insurance and workers' compensation along with productivity increases over the next couple of years as we continue to encourage our employees to Quit and Live. I highly recommend this comprehensive tobacco cessation program for other corporations trying to improve employees' health and wellness. Helping tobacco users successfully quit saves lives and money.

Sorrento Lactalis Inc.

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It is with great pleasure that I am able to recommend Nancy Caspersen to you as a source of knowledge and as an Educator for the purpose of Smoking Cessation. Nancy brings with her many years of not only formal education and experience as a Nurse, but also personal experience as a former smoker. She knows first hand the harmful affects that smoking causes and has experienced the difficult task of quitting by her own personal experiences. She brings that personalized style of teaching to those who attend her courses.

Our staff accepted her teaching eagerly and several were able to make the transition from smoker to non-smoker. Most of whom have been able to continue with this and have remained smoke free. Some have even reported taking what they learned in her class and then educating their own family and friends, helping them to quit smoking as well. I believe strongly that this success was largely due to Nancy's approach to teaching.

I certainly hope that Nancy is able to keep up this great work as long as there are smokers who need to hear her message. As long as there are children who still think that it is cool to smoke. As long as there are adults who don't know where to begin when it comes to stopping the smoking habit. I know I personally hope to bring her back to continue to educate our employees.

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