

# When it comes to old habits — the choice is yours

- Binge drinking
- Chewing tobacco
- Smoking
- Vaping

The **Workplace Clinic** is a confidential and safe space to support you in making a change.

- Assist with creating a plan to quit
- Recommend and prescribe nicotine replacement medications
- Provide strategies to reduce alcohol consumption and rethink your drinks
- Connect you to additional support from local, national and employer resources

To make an appointment, call the **City of Milwaukee Workplace Clinic** at 414-777-3413. Or, visit [my.froedtert.com](https://my.froedtert.com) or the Froedtert & MCW app to make an appointment if you are an established Workplace Clinic patient.



**Workforce Health**