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Our Goal: Working with Medical Health Systems and Mental Health Systems to establish sustainable tobacco control.

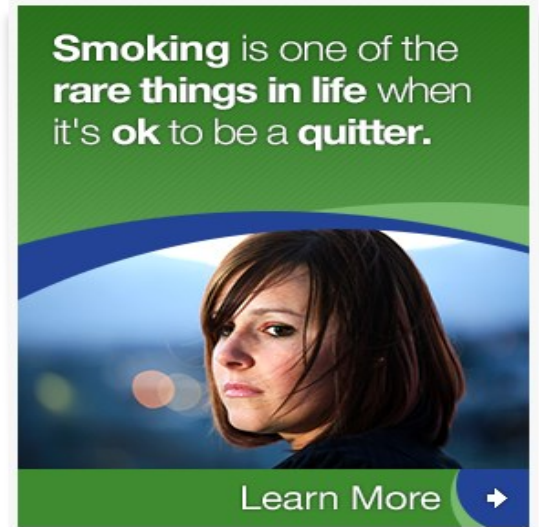
Serving Chemung, Livingston, Monroe, Ontario, Seneca, Schuyler, Steuben, Wayne and Yates counties.



## September 2016 Newsletter

# Center for A Tobacco-Free Finger Lakes (CTFFL)

If you no longer wish to receive these newsletters or if you have suggestions for improvement, please contact [connie\\_bottoni@urmc.rochester.edu](mailto:connie_bottoni@urmc.rochester.edu).



### **SMOKE-FREE HOMES AND CARS CAN RESULT IN HEALTHIER KIDS!**

*Quitting is a journey. Where are you on your path to a tobacco free life? Want support? Talk to your doctor today and contact the NYS Smokers' Quitline at 1-866-697-8487.*

#### **Tips that can help your children stay tobacco free:**

- Talk to them often about the harm of tobacco use and its addictive nature.
- Make your home and car tobacco free for everyone.
- Encourage your children to be involved in activities at school, church, or in the community.
- Don't let your children see movies, TV programs, or video games showing tobacco use.
- Set a good example by not using tobacco yourself.

*(These tips were taken from the Centers for Disease Control and Prevention's website: [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco))*

#### **CONTACT US:**

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