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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.

October 2016 Newsletter Center for a Tobacco-Free Finger Lakes (CTFFL)

If you no longer wish to receive our newsletters or if you have suggestions for improvement, please contact connie_bottoni@urmc.rochester.edu.

Quit Tip of the Month



Even occasional smoking is harmful.
Let the melody of your favorite song move you past the urge to smoke.

Did you know...

- Secondhand Smoke is more harmful than first thought.
- Children, non-Hispanic blacks, people living in poverty and those who rent their housing are more likely to be exposed to secondhand smoke.
- Opening windows, or using air filters does not prevent people from breathing secondhand smoke.
- Most exposure to secondhand smoke occurs in homes and workplaces.

To protect yourself and your family...

- If you smoke, talk to your doctor and stop smoking.
- Don't let anyone smoke in your home or car.
- Avoid places that allow smoking.

Savings Calculator

Not only is quitting smoking better for your health, it's better for your wallet! Find out how much you can save being smoke-free!

Save Cash, Quit Now

Here's what you'll be saving

Number of Cigarettes Per Day:

Cigarette Cost per Pack:

Annual Price Increase (%):

In 6 Months **\$001541**

In 1 Year **\$003149**

In 5 Years **\$016748**

In 10 years **\$036208**

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Calculate your savings by visiting the NY State Smokers' Quitline at www.nysmokefree.com.

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