

Health Tip of the Month

Cut The Butt Quit Smoking Today

Does someone you love want to quit smoking?

Smokers who quit at any age prolong their lives and decrease the risk of tobacco related disease like lung cancer and emphysema.

Benefits start as soon as you stop.

- * more energy and easier breathing
- * smell better and look younger
- * cleaner teeth and cleaner hands
- * healthier environment
- * healthier body
- * more money \$\$\$ in your budget



Make this new year a healthier year!
Say no to smoking

Nicotine is addictive.
**Support for those
Trying to quit**



In New York City, call 311.

Quit smoking clinics throughout NYC provide support, counseling and medication. Find the location nearest you.

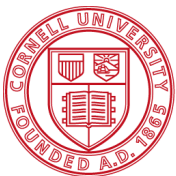
NYC Quits website

<http://www.nyc.gov/nycquits> offers information, resources and tools to help you, a friend, or a family member stop smoking.

New York State Smokers' Quitline

1-866-NY-QUITS provides individualized coaching, starter kits and medications for eligible smokers.

Your doctor can help. Quit-smoking medications are covered for Medicaid enrollees, including Medicaid Managed Care and Family Health Plus.



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Worksite Wellness Initiative: by Lauren Maddahi, Dietetic Intern
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More Health Tips? visit <http://nyc.cce.cornell.edu>