

On Thursday, November 16, smokers across the nation will take part in the American Cancer Society’s **“Great American Smokeout.”** This is a great opportunity to quit, or to encourage someone you know to quit smoking even just for that day.

By quitting – even for one day – smokers will be taking an important step toward a healthier life and reducing their risk of cancer and heart disease.

**Quitting smoking can help you:**

* Breathe more easily
* Save money
* Have an improved sense of smell
* Have clearer skin
* Have whiter teeth
* Have a better sense of taste
* Have more energy
* Have fewer sick days
* Have better breath
* Have a healthier and longer life

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**Need help?** Call **347-396-2878** to enroll in the Employee Smoking Cessation Assistance Program ([ESCAPE](https://www1.nyc.gov/site/doh/health/health-topics/smoking-escape-employee-smoking-cessation-assistance-program.page)), which is available to ALL New York City government employees and their families.

 ESCAPE offers the following quit-smoking support, **FREE** of charge:

* Medications (nicotine patch, gum and lozenge, Zyban® (bupropion) and Chantix® (varenicline))
* Confidential counseling provided by trained specialists in-person or by phone

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| [**www.nyc.gov/workwellnyc**](http://www.nyc.gov/workwellnyc)**|** **workwell@olr.nyc.gov** |