



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:

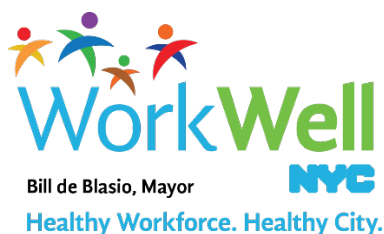
- ✓ Breathe more easily
- ✓ Save money
- ✓ Have an improved sense of smell
- ✓ Have clearer skin
- ✓ Have whiter teeth
- ✓ Have a better sense of taste
- ✓ Have more energy
- ✓ Have fewer sick days
- ✓ Have better breath
- ✓ Have a healthier and longer life

Need help? Call **347-396-2878** to enroll in the Employee Smoking Cessation Assistance Program ([ESCAPE](#)), 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



www.nyc.gov/workwellnyc | workwell@olr.nyc.gov