



Good Health Is Good Business

Great American Smokeout November 20, 2008



Invite a tobacco dependence specialist to your place of business to give a presentation or to set up a display with free information. A specialist from the Westmoreland Tobacco Free Coalition will be able to discuss:

- + Getting Ready to Quit
- + How Nicotine Raises Your Blood Pressure
- + Nicotine, Diabetes and You



Healthy employees are good for business.

A pack-a-day smoker and family members who inhale smoke are ill more often than non-smokers.

To arrange your FREE program or display, call Penn State Extension at 724-837-1402.

Clean Indoor Air for PA

Act 27 Of 2008, the Clean Indoor Air Act, mandates that most indoor public and work places go smoke-free on September 11, 2008.



Robert and Anna Jo Noviello, owners of Sunset Café, already chose to go smoke-free because it was the right thing to do for the health of employees and customers. They received a certificate of appreciation from the Westmoreland Tobacco Free Coalition for leading the way along with over 200 other restaurant owners and 190 businesses in Westmoreland County.

Penn State Extension Can Help Employers and Smokers Get Ready for September 11th!

FREE "How To Quit Tobacco" programs are available to all worksites in Westmoreland County. All employees participating in a program are eligible to receive discount vouchers for stop smoking aids and medications. **Call Amanda Iwinski at 724-837-1402 for details.** Help to quit is also online at www.DeterminedToQuit.com.

Q&A: Tips from Amanda Iwinski, Penn State Tobacco Dependence Treatment Specialist

I tried to quit once. Why should I bother again?



Nicotine is addictive and it usually takes more than one try to quit for good. You will learn coping skills in our research-based program and have the support of others in the class.

I am not ready to quit, but I do want to protect my children. What can I do?

You are right to be concerned since inhaling the smoke increases respiratory problems such as asthma and increased ear infections in children. You can make a rule for yourself to smoke only outside your home and car. Keep water, straws, and sugarless gum handy in the car. Call Amanda, 724-837-1402, for more information.

The Pennsylvania State University is committed to the policy that all persons shall have equal access to programs, facilities, admission, and employment without regard to personal characteristics not related to ability, performance, or qualifications as determined by University policy or by state or federal authorities. It is the policy of the University to maintain an academic and work environment free of discrimination, including harassment. The Pennsylvania State University prohibits discrimination and harassment against any person because of age, ancestry, color, disability or handicap, national origin, race, religious creed, sex, sexual orientation, or veteran status. Discrimination or harassment against faculty, staff, or students will not be tolerated at The Pennsylvania State University. Direct all inquiries regarding the nondiscrimination policy to the Affirmative Action Director, The Pennsylvania State University, 328 Boucke Building, University Park, PA 16802-5901, Tel 814-865-4700/V, 814-863-1150/TTY.

Penn State Cooperative Extension
214 Donohoe Road, Suite E
Greensburg, PA 15601



There's a new Air about Pennsylvania

Smoke-Free is now the Law!

Prepare for a Smoke-Free Workplace on September 11, 2008.

Visit the Pennsylvania Department of Health website at

www.health.state.pa.us and click on Clean Indoor Air

for the law, forms, a toolkit, and answers to frequently asked questions.

What We Can Do For You!

- Provide certified tobacco dependence treatment specialists to conduct onsite "how to quit" programs or information sessions.
- Provide telephone or individual counseling for employees.

**Call Amanda Iwinski: 724-837-1402
Penn State Extension**