

Task Group for a Healthier Niagara Falls Community

Great American Smoke-out

Nov. 17, 2011



I pledge to not smoke for 24 hours.

Sincerely,

It's in MY HEART



I am not a smoker but I appreciate you reminding me of the dangers of smoking. On this day, Nov. 17, I promise to never smoke and pledge to support family and friends who do smoke in their efforts to quit.

Sincerely,

**Need help to kick the habit? Call the NYS Smokers' Quitline
toll-free at 1-866-NY-QUITS (1-866-697-8487) or visit
www.nysmokefree.com**

Fax your signed pledge to 716-278-4614
Scan and email it to HealthBeat@nfmmc.org
**Mail it to Cassandra Jackson, Niagara Falls Memorial Medical Center,
501 10th St., Niagara Falls, NY 14301**