

Providence and Saint John Recognize “No Tobacco Day” Wednesday, May 31

This special day has been designated by the World Health Organization to call attention to the risks of tobacco use.

During the day, stop by the booth outside the Providence and Saint John cafeterias from 11 a.m. to 1 p.m. and:

- ⊗ Learn more about the risks of tobacco use.
- ⊗ For Your Better Health, participate in the hospitals’ *“Pledge to be Tobacco Free”* activity.
- ⊗ Gather information and resources on how to stop using tobacco, including Web sites and schedules for our FREE four-class program to help employees, volunteers, physicians and the community stop using tobacco.



It’s easy to participate! Just fill out the *“Pledge to be Tobacco Free”* card below and drop it by the Cafeteria booth. Your name will be entered to win:

- ⊗ Room-size HEPA air filter (one drawing for each hospital).
- ⊗ \$50 gift certificate to the new Providence Y or Leavenworth Fitness Center.
- ⊗ \$25 gift certificate to the Gift Shop (one drawing for each Gift Shop).

FREE Lifesavers or sugarfree gum for all participants!

For Your Better Health, “Pledge to be Tobacco Free”

(Please check one)



- ☐ I do not smoke or use tobacco products.
- ☐ I used to smoke or use tobacco products, but no longer do.
- ☐ I smoke or use tobacco products, but pledge to quit.
- ☐ I smoke or use tobacco products, but pledge not to do so on hospital property.

Name _____ Dept. _____ Ext. _____