

# 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!

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## *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. \_\_\_\_\_