

Adopt — a — Smoker

IF YOU DON'T SMOKE:

- Offer to take a co-worker that smokes to lunch.
- Provide goody bags filled with sugar-free gum, straws, and other items to hold or chew.
- Offer to take a walk during breaks with a co-worker that smokes.
- Agree to give up a favorite snack to show support.



Contact your EAP Coordinator

CELEBRATE THE Great American Smokeout

IF YOU SMOKE:

- Hide your ashtrays and matches.
- Keep a supply of sugar-free gum in your desk.
- Drink lots of water (avoid coffee and alcohol).
- Let others know you are quitting.
- Ask a co-worker to quit with you.
- Snack on carrot and celery sticks.



Employee
Assistance
Program

WellNYS
Everyday