



Sheridan County

TOBACCO-FREE COMMUNITIES

Everyone Deserves the Right to Breathe Clean Air

**Making Sheridan County a healthier
place for our residents and families!**



"Never doubt that a small group of thoughtful, concerned citizens can change the world. Indeed, it is the only thing that ever has." Margaret Mead

OUR GOALS

- Prevent youth initiation of tobacco products.
- Protect all citizens from the harmful effects of secondhand smoke.
- Provide quit resources and support the statewide Wyoming Quit Tobacco Program.
- Reduce high tobacco usage rate amongst 18-24 year olds, pregnant women, lower income and lower educated individuals.

HOW YOU CAN HELP

- Patronize businesses which offer smoke-free environments.
- Support tobacco-free environments within our community, schools, workplaces and homes.
- Be a positive role model for our youth.
- Share the statewide cessation program with individuals as young as 12 years of age.

1-800-QUIT-NOW (1-800-784-8669)
and wy.quitnet.com

JOIN OUR COALITION'S EFFORTS TO MAKE THE HEALTH OF OUR FAMILIES A PRIORITY

Please contact Mejia Williams at 307.672.8958
or mejiawilliams@nwymhc.org for more info.

Participate as your time and interests allow.

