

TOBACCO FREE COMMUNITIES - SHERIDAN COUNTY

Making Sheridan County
a healthier place for our
residents and families to
live, work and play.



"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 among 18-24 yr. 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 who are wanting to quit. 1-800-QUIT-NOW and wy.quitnet.com.

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

Please contact Mejia Williams at 307-674-7702 or mejiawilliams@nwymhc.org for more information.

Participate as your time and interests allow.

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