

Q: *What wellness program gives you...*

- ☑ Low cost
- ☑ Lasting impact
- ☑ Big returns*
- ☑ Free technical assistance from local experts
- ☑ Full participation
- ☑ Support by two-thirds of employees*

A: **100% Tobacco-Free Grounds**

Nothing does more to set the pace for employee health & wellness than a tobacco-free workplace.

Best practices for a step by step transition to a fully tobacco-free workplace have proven successful at companies all across the Southern Tier and Central NYS.

Tobacco-free parks, playgrounds, hospitals, college campuses ... and workplaces! A tobacco-free environment is what your customers and employees have come to expect.

- ◇ Healthier, Safer, Cleaner
- ◇ Respectful of others and the environment
- ◇ Resolves fairness issues around work breaks
- ◇ Improves public image
- ◇ Demonstrates community leadership
- ◇ Peer promotion & enforcement

Why Curb-to-Curb Tobacco-Free?

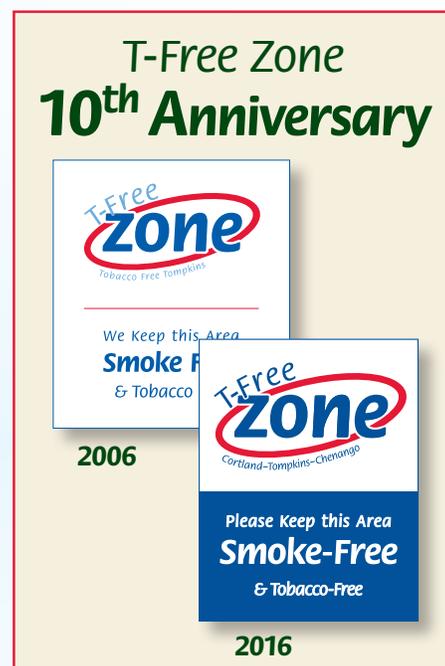
Even outdoors, tobacco smoke is dangerous! Someone with asthma, heart disease, in chemotherapy, or other conditions must stay away from tobacco smoke. Entrances or walkways are not accessible if people are smoking nearby.

- ◇ When the property is smoke-free there are no distances to measure. It's easy to know where smoking is not allowed.
- ◇ Even brief exposure can cause an asthma attack.
- ◇ Because secondhand smoke changes blood characteristics it can cause a heart attack.

*What's the data?

A 2013 study in the peer reviewed journal, *Tobacco Control*, estimated that every smoker costs a U.S. private employer an additional \$5,816 annually.

Recent surveys of adults across our region shows 66% favor a policy that prohibits smoking on the entire grounds of workplaces.



The New Community Norm is Tobacco-Free!

Build Your Business Around It. Start planning for a tobacco-free workplace now. Contact us today! TFreeZone.net, or by phone or email. Ask about free signs.

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