



ARE YOU ? providing a safe environment

The Lung Disease Foundation of Central Pennsylvania, in collaboration with the American Lung Association in Pennsylvania, offers resources and programs related to tobacco control.

We'll give you the tools:

- Resources to implement or strengthen policies to create a tobacco-free environment
 - Businesses
 - Multi-Unit Housing
 - Municipalities
- Information for career-services personnel to educate students
- Freedom From Smoking Classes at your workplace, community partners and the Lung Disease Center of Central PA

- PA Free Quitline
- American Lung Association's N-O-T (Not on Tobacco) Teen Cessation Program
- Advocacy with local legislators for stronger tobacco control in Pennsylvania
- Resources available to educators through TRU (Tobacco Resistance Unit) and TATU (Teens Against Tobacco Use)
- *Many of these programs are free of charge and offer the tools necessary to assist in the effort to quit tobacco use.



**For more information contact:
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