

## **Tobacco Kills.**

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Every eight seconds, someone in the world dies due to tobacco.

**AND IT DOESN'T STOP THERE**

## **Secondhand Smoke Kills**

Nearly 53,000 Americans die each year from diseases related to secondhand smoke.

**AND IT DOESN'T STOP THERE**

## **Big Tobacco Targets Youth**

Many tobacco sponsorships involve sports and activities popular with families, exposing youth to heavy amounts of tobacco company images.

**LET'S PUT A STOP TO TOBACCO**

Would you like to quit smoking or help somebody else quit smoking?

**Call 1-800-NO-BUTTS  
(1-800-662-8887)**

The California Smokers' Helpline is a telephone program that can help you quit smoking. Helpline services are free and funded by the California Department of Health.

The Helpline has been in operation since 1992. Every month, thousands of Californians call and receive help.

Will you be next?

When you call, a friendly staff person will offer a choice of services: Self-help materials, a referral list of other programs, and one-on-one counseling over the phone.

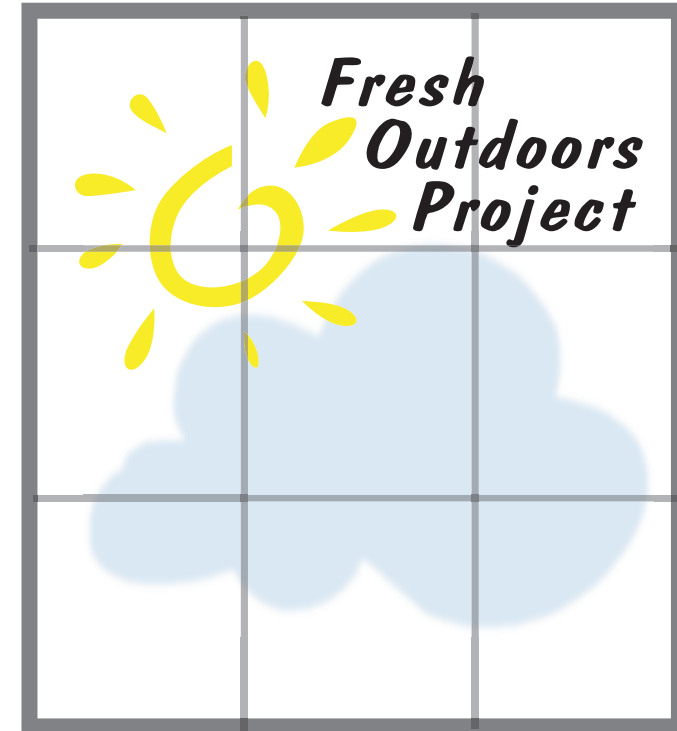
Whether you're ready to quit or just thinking about it, call 1-800-NO-BUTTS.



730 McHenry Avenue  
Modesto, CA 95350  
Phone: 209.572.6016  
Fax: 209.527.1512  
email: kschafer@dmcf.org  
or asylstra@dmcf.org  
www.dmcf.org

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**DMC Foundation**  
*"Health Through Education"*



**DMC Foundation's Fresh Outdoors Project is working to reduce exposure to secondhand smoke and improve health and air quality in Stanislaus County by creating smokefree environments. For more information about this program, call 209-572-6016.**

**www.dmcf.org**