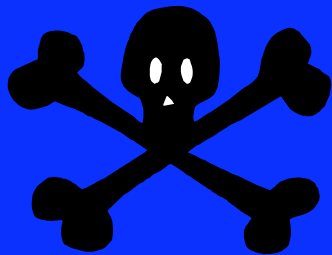


## CHEMICALS IN CIGARETTE SMOKE

- Acetone (nail polish remover)
- Butane (lighter fluid)
- Hydrogen Cyanide (gas chamber poison)
- Toluene (industrial solvent)
- Formaldehyde (tissue preservative)
- Nicotine & DDT (insecticides)
- Carbon Monoxide (car exhaust)
- Ammonia (toilet bowl cleaner)



ACASA  
PREVENTION  
3084 TRAPPING BROOK ROAD  
WELLSVILLE, NEW YORK 14895

Phone: 585-593-1920  
Fax: 585-593-7697  
Email: [aweaver@alleganycouncil.org](mailto:aweaver@alleganycouncil.org)



## SMOKING CESSATION



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*ALLEGANY  
COUNCIL  
OFFERS:  
LIVING WELL...  
TOBACCO FREE  
FROM THE  
AMERICAN  
CANCER  
SOCIETY*

Phone: 585-593-1920  
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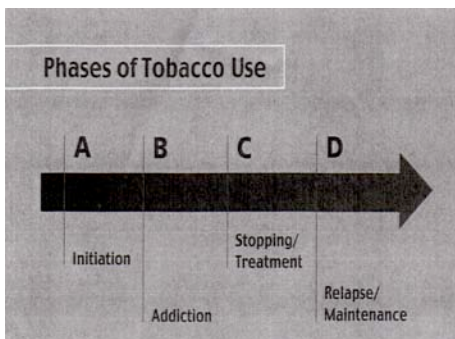
# SMOKING CESSATION

The Smoking Cessation program has been designed to give you the knowledge and tools needed to



effectively address the costly problem of tobacco addiction in your setting. *Living Well...Tobacco Free* is grounded in years of

American Cancer Society experience helping smokers to quit as well as the latest research found in the U.S. Public Health Service's Clinical Practice Guide for treating Tobacco Use and Dependence. For many organizations, *Living well...Tobacco Free* represents a fresh start toward a smoke free and healthier way of doing business.



## Program Highlights

- WAYS TO STOP
- IS NICOTINE REPLACEMENT THERAPY FOR YOU?
- WITHDRAWAL SYMPTOMS
- STRESS MANAGEMENT
- ASSERTIVENESS
- MODIFYING & ELIMINATING STRESS
- THINKING POSITIVELY
- LONG-TERM BENEFITS OF STOPPING SMOKING



## Our Mission

To reduce, prevent, or cease experimentation and/or problematic use by providing: Knowledge, Self-Awareness, Skill Building, Educational Counseling, & Referral

## IF YOU ARE INTERESTED IN QUITTING SMOKING:

PLEASE CALL:

Ann Weaver, LMSW  
585-593-1920

EMAIL:

[aweaver@alleganycouncil.org](mailto:aweaver@alleganycouncil.org)

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