



Good Health Is Good Business!

Improve the bottom line in business and in health.

Eat'n Park Restaurants Honored for Going Smoke Free!



(l to r) Tressa Kelly, Abria Hairston, DeOnna Kelly, Leah Androstic, Brittany Scales, Kristina Hill, James Broadhurst, Emily Farah, Lyndsey, Lauren and James Androstic, and Jared Dobsch.

James Broadhurst, Chairman and CEO of Eat'n Park Hospitality Group, Inc. received a certificate of appreciation from Westmoreland Teens Against Tobacco Use members to thank him for his leadership and action to protect the health of customers and employees by eliminating tobacco smoke exposure in all Eat'n Park restaurants.



For a free **Guide to Smoke Free Restaurants in Westmoreland County**, or to add your restaurant to the guide, call Penn State Extension at 724-837-1402.

Did you know?

Northern Ireland, Bermuda, Bhutan, Cuba, Uganda, Uruguay, Wales, New Zealand, England, Ireland, Sweden and Italy are 100% smoke free in all places of business including restaurants. 23 of the United States have passed Clean Indoor Air legislation, already.



Hospitals Offer "How to Quit" Programs to Improve Employee's Health

Congratulation to Excelsior Health for taking the lead among health organizations in making all buildings and property a tobacco-free zone. All of their employees and family members who use tobacco are being offered free help to quit.



Mercy Jeannette and Monongahela Valley Hospitals are also providing free cessation counseling for any employee who chooses to try to quit.

Q & A

I've never smoked. Can I really help a friend stop smoking?

Yes, but you cannot talk him/her into quitting.

Try: "I care about you and am worried about your smoking."

Ask: "Do you ever think about quitting?"
Did you know that it's not willpower that helps smokers quit? Most are addicted to nicotine and it may take several tries to quit.



Agree on some rules for where it's O.K. to smoke. "I know you are not ready to quit, but for my heart/asthma/lungs it is important that you smoke outside/outside the car."

Encourage your friend to get information on what has helped others quit. Let him/her know you will be there for them.

PA FREE Quitline – 1-800-784-8669
Penn State Extension – 1-888-664-2248
on the web WestmorelandTobaccoFree.org

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Help Your Employees Quit Smoking!

Did you know?

- Absenteeism rates for smokers are 50% higher than nonsmokers.
- Health, life and disability insurance premiums for smokers are more costly.
- 70% of all smokers express a desire to quit.
- Employers can make adapting to a smoke-free policy easier for their employees by offering quitting services.



What We Can Do For You

- Provide certified tobacco cessation counselors to conduct onsite “stop using tobacco” programs or information sessions.
- Provide telephone or individual counseling with employees.
- Provide local resources, the latest information on nicotine replacement product discounts and successful techniques for quitting tobacco.

Call 724-837-1402, Amanda Iwinski, Penn State Extension, today.