

THE GREAT AMERICAN SMOKEOUT

NOVEMBER 19TH, 2020

DID YOU KNOW...

JUST 20 MINUTES AFTER QUITTING SMOKING, THE HEART RATE AND BLOOD PRESSURE DROP?



Visit PCofMC.org or visit us on Facebook at **Prevention Coalition of Monmouth County** to learn more.



How can you keep the LUNGS YOU LOVE healthy?

1. Know that it's NEVER too late or too soon to quit; read the flyer "How Does Your Body Recover After Quitting?"
2. Get quitting support through RWJBarnabas Health's FREE smoking/vaping cessation program:
<https://www.rwjbh.org/treatment-care/smoking-cessation-and-tobacco-treatment/>
3. Share the "Behind the Haze" interactive "vaping facts" website for teens: <https://www.behindthehaze.com/>.

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