



NEW YORK STATE SENATOR

Pamela Helming

## Sen. Helming Urges People to Kick the Habit on Great American Smokeout

JONATHAN MONFILETTO - 315-568-9816 November 13, 2017



GENEVA – Senator Pam Helming is proud to partner with the Tobacco Action Coalition of the Finger Lakes to recognize the Great American Smokeout on Thursday, Nov. 16.

Sponsored by the American Cancer Society, this day is aimed at encouraging smokers to quit for just one day. As well as the Tobacco Action Coalition of the Finger Lakes, there are a multitude of resources from the American Cancer Society, the American Lung Association, and the New York State Smokers Quitline available to smokers and those trying to help a love one quit.

“Those who quit smoking even for one day will experience health benefits within just 20 minutes. The Great American Smokeout encourages people to stop smoking for that day, and there are plenty of resources around our region and state for those who want help to quit for good. I encourage local residents to consider making a healthy lifestyle choice to quit smoking today and forever,” Senator Helming said.

Senator Helming met with representatives of the Tobacco Action Coalition of the Finger Lakes to learn more about the work that the group is doing around our region and throughout our state. The meeting was part of an event hosted by the New York State Tobacco Control and Prevention partners.

For the Great American Smokeout, the Tobacco Action Coalition of the Finger Lakes will join groups across the country with an event that promotes the benefits of kicking the habit. From 11 a.m. to 2 p.m. on Thursday, Nov. 16, the organization will have a table at Finger Lakes Community College in Canandaigua to educate the public about the harmful chemicals in cigarettes as well as provide resources to students and staff who are looking for help to quit smoking.

According to the organization, smokers will see their heart rate blood pressure drop within 20 minutes of quitting, and the carbon monoxide levels in their blood return to normal within 12 hours. Non-smokers can benefit as well by a reduced exposure to secondhand smoke.

Please visit Tobacco Action Coalition of the Finger Lakes at [www.smokefreefingerlakes.com](http://www.smokefreefingerlakes.com) or contact Community Engagement Director Brigid Heenan at [brigid.heenan@lung.org](mailto:brigid.heenan@lung.org) (585) 666-1401 to learn more about the organization and the Great American Smokeout. To learn more about resources available to help you or a loved one quit smoking, please visit [www.nysmokefree.com](http://www.nysmokefree.com) or call 866-NYQUITS.

*Senator Helming represents the 54<sup>th</sup> Senate District, which consists of Seneca and Wayne Counties, parts of Cayuga and Ontario Counties, and the towns of Lansing and Webster. For more information, please visit Senator Helming's [website](#), or follow @SenatorHelming on Facebook or Twitter.*

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