

Yeshiva University, Cardozo School of Law

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Flyers 2018-2019

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### National SmokeOut Day

Benjamin N. Cardozo School of Law

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The Office of Student Services and Advising

# National SmokeOut Day

Thinking about quitting?

Learn about resources to help kick the habit at  
[www.nysmokefree.com](http://www.nysmokefree.com) or [www.nyc.gov/nycquits](http://www.nyc.gov/nycquits).

## Benefits to quitting the habit:

- **Life Expectancy:** Quitting smoking before the age of 40 reduces the risk of dying from smoking-related disease by about 90%.
- **Money:** Cigarettes can cost ~13 dollars a pack in NYC. Quitting can help you save close to \$400 dollars a month!
- **Appearance:** Quitting helps stop the damaging effects of tobacco on how you look - premature wrinkling of your skin, gum disease, and tooth loss.
- **Friends and Family:** Remove the dangers caused by secondhand smoke for friends, family, and pets
- **Feeling Better:** Quitting will make food taste better, give you more energy, and help get rid of your cough.

# CARDOZO LAW

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