



Preventing tobacco-related diseases in  
Herkimer, Oneida & Madison Counties

# Share your story

BRiDGES to Prevent Tobacco keeps a scrapbook to:

- Collect and share personal stories of Central New Yorkers who have had illnesses or other adverse experiences with tobacco
- Encourage people to quit smoking and discourage kids from starting to smoke
- Memorialize the victims of the tobacco industry's lies

Tobacco-related illnesses include: many kinds of cancer, heart disease, stroke, stomach ulcers, tumors, SIDS, and an array of respiratory illnesses. Remember that these illnesses can strike both the tobacco users and those around them. Some of these illnesses may take years to develop.

You are invited to participate by one of the following methods:

(1) Submit one 8.5 x 11 inch scrapbook page you create

(2) Submit your story. It can be the story of why you quit smoking, why you never started, etc. You do not need to have had a tobacco-related illness yourself to submit your story. All stories are welcome.

Write down your story or send us a scrapbook page representing your story. Send it along with this form:

BRiDGES, 3059 Seneca Turnpike, Canastota, NY 13032

Fax: (315) 697-2708

You may include poems, short stories, or anything else you feel contributes to a respectful memorial of the person's life. If mentioning the person's name, please ensure you have the permission of the person's immediate family. Mark your package "Do not bend," if mailing.

While supplies last, you will be eligible for a small gift from us. You will also receive a free membership to our Tobacco-Free E-Advocates Program, which includes free fun events, news, information about our projects, and opportunities for you to help prevent tobacco use in our community. We offer Presidential Volunteer Service Awards to our volunteers!

Name: \_\_\_\_\_

Address (so we can mail your gift): \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_