

“ The program provided me with the skills I needed to continue my life without tobacco ”

Community Testimonials of the IMPACT of Pennsylvania MSA Funding for Tobacco Prevention and Cessation Work in Southeastern Pennsylvania

Tobacco Cessation Clients

I was motivated to quit this time, but would not have been able to do it without the support of a structured counseling program. The program provided me with the skills I need to continue my life without tobacco. I can't believe how different I feel. Every day is a blessing since I don't smoke.
John, Saint Clair

I failed miserably trying to quit without any support. When I heard about the free tobacco cessation classes in my neighborhood, that was a huge turning point. Listening to the facilitator of the class and the other participants in the program helped me quit because I got the support I needed. Without the program I know without a doubt I would still be smoking today.
Tom, Reading

If there was a cost involved I would not of been able to afford it. It's good that the class is ongoing because getting together every week helps us stay on the right track. If there was a break from the program, I'm not sure what I would do.
Kenny, Hamburg

There is no doubt in my mind that without the support provided by that program I would still be a pack and a half a day smoker... who would be costing employers, insurers, medical providers, taxpayers, and the government money with my elevated health costs. Please continue funding these programs so other smokers can experience the freedom I have been able experience.
Sarah, Wyomissing

Youth Prevention Advocates and Youth

I have dedicated more than five years to educating children on the dangers of tobacco. I have heard tragic stories on the dangers of smoking, but more importantly joyful success stories on those who quit smoking or better yet never started because of Teens Against Tobacco Use. Please look to the future health of everyone and continue to support organizations such as Teens Against Tobacco Use.
Kevin, Pheonixville
TATU Advisor

Being a part of Advocacy Institute and Tobacco Resistance Unit reminded me that I was strong and powerful. Advocacy Institute and Tobacco Resistance Unit have really helped me reach my fullest potential and they have truly made a difference in my life. I will always be grateful for the guidance, encouragement and inspiration that Advocacy Institute and Tobacco Resistance Unit have always given me.
Tiffany,
TRU and Advocacy Institute Youth

Pennsylvania can't afford to jeopardize funding for tobacco prevention and cessation programs that save lives and reduce smoking-related healthcare costs.