



**Wishing you good health, positive vibes,
and a memorable new year!**

Smoke Free Signals would like thank you for your partnership, kindness and support this past year. We hope to continue our collaboration, and bringing you the latest on commercial tobacco prevention this new year!

Community Health Leader Success

On December 13, 2019, The Pueblo of Pojoaque Community Health Representative (CHR) team and this year's Community Health Leader, Sabrina Baca attended the Emerging Tobacco Products Train the Trainer session at the Keres office. The group participated in an intensive four hour session which identified electronic cigarettes, reviewed data related to American Indians and youth, and learned more about raising awareness and prevention in their community. This highly motivated group took the initiative to train their entire CHR staff and in return will hit the ground running in 2020 for commercial tobacco prevention.

Awesome job, Pojoaque CHR Department!



PUEBLO OF POJOAQUE COMMUNITY HEALTH REPRESENTATIVES

2020 New Year's Goal

QUIT Commercial Tobacco!

This new year's resolution is to quit commercial tobacco for good! Often times, individuals will set goals for the new year, this may be exercise more, eat healthy, or change their overall health status by deciding to quit using commercial tobacco.

Listed below are helpful tips provided by the [Rutgers Cancer Institute](#):

- Behavior is one of the toughest thing to change, which makes the quitting process very difficult, but with a good plan it makes the process more successful.
- Depending on the person, some are able to quit "cold turkey", but for those who can't, using a comprehensive treatment plan have succeeded at rates ten times higher than those who quit on their own (e.g. nicotine patches, nicotine gum, nicotine lozenges, etc.).
- When you decide to make a plan, be sure it is realistic and it fits into your life and needs, personalize it.
- Don't give up! On average, it takes users eight times before they succeed, and by not smoking it allows your body to recuperate and try again.

To read the full article please [click here](#).



Get Help Quitting for FREE!

The New Mexico Tobacco Use Prevention and Control Program (TUPAC) has **FREE** resources to help New Mexicans quit using commercial tobacco products.

Listed below include options to quit YOUR way:

- 24/7 Support
- Personal Quit Plan
- Self-Help Materials
- Unlimited sessions with a trained Quit Coach
- Nicotine Replacement Therapy (*while supplies last*)
 - Gum
 - Patches
 - Lozenges
- Shipping mailed directly to the registered participant
- Specialized services for youth and also for pregnant women

[Click here](#) to view Quit Now web based services.

Follow Us on Social Media!

Visit Our Website

