Be active. It’s good for your health, your family’s health and can help control your urge to smoke.

STRETCH
BIKE
SWIM
PLAY
WALK
HIKE

If you smoke, consider quitting. For help, call 1-800 QUIT-NOW.

Being physically active strengthens your heart, lungs, bones and muscles; gives you more energy; helps control your weight and blood pressure; improves your sleep and your mood. It can also reduce your risk of heart disease, diabetes, obesity and stroke. These resources can help you get started:

- Jackson County Parks and Recreation Dept. www.jacksongov.org/recreation.
- Communiversity — www.umkc.edu/commu.
- Regional Trails and Bikeways Map www.marc.org/bikemap.
- Community Centers — www.kcparks.org/facilities/community-center
  - Brush Creek: 816-513-0730
  - Garrison: 816-784-1140
  - Gregg/Klice: 816-513-0652
  - Hillcrest: 816-784-7000
  - Kansas City North: 816-784-6100
  - Line Creek: 816-513-0760
  - Marlborough: 816-784-3100
  - Southeast: 816-513-0632
  - Tony Aguirre: 816-784-1300
  - Westport-Roanoke: 816-784-5200

Beat the stress.
Reduce stress. It’s good for your mental and physical health, and can help control your urge to smoke.

MEDITATE
BREATHE
YOGA
SLEEP
MASSAGE

If you smoke, consider quitting. For help, call 1-800 QUIT-NOW.

Take some time for yourself. Take a deep breath and relax — it can make all the difference. These resources can help you get started:

- Jackson County Parks and Recreation Dept. www.jacksongov.org/recreation.
- Communiversity — www.umkc.edu/commu.
- Community Centers — www.kcparks.org/facilities/community-center
  - Brush Creek: 816-513-0730
  - Garrison: 816-784-1140
  - Gregg/Klice: 816-513-0652
  - Hillcrest: 816-784-7000
  - Kansas City North: 816-784-6100
  - Line Creek: 816-513-0760
  - Marlborough: 816-784-3100
  - Southeast: 816-513-0632
  - Tony Aguirre: 816-784-1300
  - Westport-Roanoke: 816-784-5200
A creative outlet enriches your life and your health, and can help control your urge to smoke.

PAINT
DRAW
WRITE
SEW
SING
READ
COOK

If you smoke, consider quitting. For help, call 1-800 QUIT-NOW.

Take an art, cooking, writing or acting class at a community center, hobby or home store, community college or art center. Join a community or church choir, book group or theater company. These resources can help you get started:

- Communiversity — www.umkc.edu/commu.
- Kansas City Public Library: www.kclibrary.org.
- Kansas City Art Institute: www.kcai.edu.
- Community Centers — www.kcparks.org/facilities/community-center
  - Brush Creek: 816-513-0730
  - Garrison: 816-784-1140
  - Gregg/Klice: 816-513-0652
  - Hillcrest: 816-784-7000
  - Kansas City North: 816-784-6100
  - Line Creek: 816-513-0760
  - Marlborough: 816-784-3100
  - Southeast: 816-513-0632
  - Tony Aguirre: 816-784-1300
  - Westport-Roanoke: 816-784-5200

Beat the stress.

Be CREATIVE
Beat the stress.

Be SOCIAL

Friends and family connect you to the important things in life. Being engaged in your community can help control your urge to smoke.

SHARE
LAUGH
WORSHIP
VOLUNTEER
ENTERTAIN

If you smoke, consider quitting. For help, call 1-800 QUIT-NOW.

Join a local church, synagogue or mosque; volunteer to help others, meet new friends and get together with old friends. These resources can help you get started:

Volunteer opportunities:
- Shepherd’s Center: www.sccentral.org.
- Community Centers — www.kcparks.org/facilities/community-center
  - Brush Creek: 816-513-0730
  - Garrison: 816-784-1140
  - Gregg/Klice: 816-513-0652
  - Hillcrest: 816-784-7000
  - Kansas City North: 816-784-6100
- Line Creek: 816-513-0760
- Marlborough: 816-784-3100
- Southeast: 816-513-0632
- Tony Aguirre: 816-784-1300
- Westport-Roanoke: 816-784-5200

BETTER THAN SMOKING

Join a local church, synagogue or mosque; volunteer to help others, meet new friends and get together with old friends. These resources can help you get started:

Volunteer opportunities:
- Shepherd’s Center: www.sccentral.org.
- Community Centers — www.kcparks.org/facilities/community-center
  - Brush Creek: 816-513-0730
  - Garrison: 816-784-1140
  - Gregg/Klice: 816-513-0652
  - Hillcrest: 816-784-7000
  - Kansas City North: 816-784-6100
- Line Creek: 816-513-0760
- Marlborough: 816-784-3100
- Southeast: 816-513-0632
- Tony Aguirre: 816-784-1300
- Westport-Roanoke: 816-784-5200

BETTER THAN SMOKING

Join a local church, synagogue or mosque; volunteer to help others, meet new friends and get together with old friends. These resources can help you get started:

Volunteer opportunities:
- Shepherd’s Center: www.sccentral.org.
- Community Centers — www.kcparks.org/facilities/community-center
  - Brush Creek: 816-513-0730
  - Garrison: 816-784-1140
  - Gregg/Klice: 816-513-0652
  - Hillcrest: 816-784-7000
  - Kansas City North: 816-784-6100
- Line Creek: 816-513-0760
- Marlborough: 816-784-3100
- Southeast: 816-513-0632
- Tony Aguirre: 816-784-1300
- Westport-Roanoke: 816-784-5200
Control your urge to smoke. Be TASTEFUL

Curb your cravings with healthier options such as:

- TEA
- GUM
- WATER
- FRUITS
- VEGETABLES

If you smoke, consider quitting. For help, call 1-800 QUIT-NOW.

BETTER THAN SMOKING

Take a health break instead of a smoke break. Substituting gum, fruits, vegetables or a soothing cup of tea can take the edge off your craving for a cigarette. Find healthier food options at your local grocery store, or go online for more resources.