



# READY TO QUIT?



## WE'RE READY TO HELP!

52 Broadway, 15<sup>th</sup> Floor • New York, NY 10004

10:00 a.m. to 6:00 p.m.

Safety and Health Department

The UFT, in partnership with the NYC Department of Health,  
is offering a smoking cessation program for our UFT members and staff.

You will get **confidential** assistance on how to quit smoking.

If you are eligible\*, we will provide you with nicotine medications (patch, gum) at **no charge**.

\*You may not be eligible if you have high blood pressure, have had a heart attack in the past two weeks,  
have an irregular heart beat or are pregnant.

You must contact the UFT Smoking Cessation Hotline for confidential assistance and to make  
arrangements to pick up your nicotine medications.



To contact the UFT Smoking Cessation Hotline  
please call (212) 598-9287

To learn more about the NYC Department of Health's ESCAPE program [click here](#).



United Federation of Teachers *A Union of Professionals*  
Michael Mulgrew, *President*