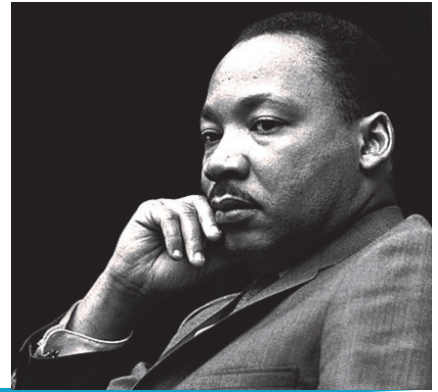


“Our lives begin to end the day we become silent about things that matter.”

- Martin Luther King Jr.



CAPITAL AREA UNITED WAY,
SPARROW CANCER CENTER, THE A. PHILLIP RANDOLPH INSTITUTE,
GREATER LANSING AFRICAN AMERICAN HEALTH INSTITUTE (GLAAHI),
UAW LOCAL 4911, AND THE MICHIGAN DEPARTMENT OF
COMMUNITY HEALTH (MDCH) PRESENT:

Let's Talk Tobacco: Effects of Tobacco on Your Health.

Many people who use tobacco say that having a cigarette helps when they are feeling stressed-out. But did you know that using tobacco actually makes the symptoms of stress more intense? The blood pressure goes up, the heart rate increases and breathing becomes more rapid. A panel of area experts will share how tobacco effects the body and methods to kick the habit. There will also be an opportunity for questions and answers.

Join us for this MLK Jr. Day Post-Observance program that will feature various health related concerns associated with tobacco use. Speakers include:

Pulmonologist - *How tobacco impacts the lungs, including asthma and chronic lung diseases*

Cardiologist - *The role of tobacco use on the heart, blood vessels, and circulation*

Oncologist - *The relationship between tobacco and cancer*

MDCH Tobacco Cessation Specialist- *Ways to make quitting a success*

Ex-Smokers - *Hear from individuals who have quit*

**Clark Conference Center
Sparrow St. Lawrence Campus
1210 W. Saginaw
Lansing, MI**

**Admission and parking are free.
Space is limited.
Make your reservation now.**

**February 24, 2014
6:30 p.m. - 8:30 p.m.
Doors open at 6:00 p.m.**

▶▶▶ Registration is required.
Call 517-203-5000 or email at
j.robinson@micauw.org

