

Good [Morning],

Day 1 Quit



The [Burlington Camden County Regional Chronic Disease Coalition's \(BCCRCDC\) Tobacco Workgroup](#) would like to invite you to share information on our upcoming launch event for [Day 1 Quit](#) on **February 1st**. BCCRCDC works to reduce the number of Burlington and Camden County residents from being diagnosed with and dying from cancer. The purpose of this event [Day 1 Quit](#) will be to encourage community members to live smoke-free/vape-free lives, starting with day one of their quit journey. Day 1 Quit can be Day 1 smoke/vape free.

You don't have to stop smoking today. Start with Day 1.

[Day 1 Quit](#) is Day 1 smoke-free/vape-free for those looking to end their struggle with tobacco use. An event facebook page has been created and will be used to share information, resources, quit tips, personal stories of quitting, comedic relief and more throughout the days leading up to the event. On February 1st there will be a [Facebook Live Event](#) to launch the campaign, with a welcoming address from Lisa Rosenberry of the BCCRCDC, a video montage of current and former smokers discussing their quit journeys and a live panel of specialists from ScreenNJ, Mom's Quit Connection for Families, NJ Quitline, Rutgers University, and Rutgers Tobacco Dependence Program. The panelists will discuss challenges that they have encountered in their work, experiences of working with specific communities and changes that they've seen since the start of the COVID pandemic.

We know that quitting is challenging and often takes on average eight times in a lifetime to be smoke-free. The smoking rates in Burlington and Camden are 14% and 17% respectively, with some specific towns having rates over 30%, a clear indication that our communities can benefit from tobacco cessation resources. The

Day 1 Quit will provide cessation resources within these counties, and also provide tools to help individuals be successful.

Below and attached to this email you will find the facebook event webpage, content created to be shared regarding the event including a flyer and social media content, our Day 1 Pledge as well as various tobacco resources.

[Day 1 Quit Facebook Events Page](#)

[Burlington Camden County Regional Chronic Disease Coalition Webpage](#)

[Day 1 Quit Pledge Link](#)