

Students learn 'Lungs are for Life'

As municipalities across Ontario adopt bylaws to restrict smoking in restaurants, bars and other public places, the Lung Association in Halton Region is also working to prevent young people from ever starting to smoke.

The Lung Association's Lungs Are For Life school program teaches students in Kindergarten through Grade 12 that the majority of people don't smoke and that avoiding the temptation to try smoking will result in a far higher quality of life.

"We know the best way to keep our young people healthy today and in the years to come is to help them avoid the temptation of lighting up that first cigarette," says Dr. Roger Haddon, medical advisor.

"Smoking is the number one cause of preventable death and of lung disease.

We're seeing smoking pushed out of public places and have come to better understand the devastating effects of smoking and second-hand smoke. Lungs Are For Life shows students they will be happier and healthier if they are smoke-free."

The Lungs Are For Life school program is offered to all schools in Halton Region.

"We reach as many stu-

dents as we can," says Haddon. "We owe it to ourselves and to our children to keep them healthy and help them make the right choices."

In recent Angus Reid and Environics surveys, the majority of those polled agreed that restaurants should be 100 per cent smoke-free and that tobacco companies should not be able to advertise cigarettes through spon-

sorship of arts and sports events.

For further information on the Lungs Are For Life smoking prevention school program, please call the Lung Association, Halton Region at (905) 847-1033.



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