

N-O-T Power Guide Order Form

Name: _____

School: _____

Street Address: _____

City: _____ State: _____ Zip: _____

County: _____ Contact Phone: _____

Email Address: _____

Are you Male or Female (circle one).

I understand that by submitting this form, I agree to provide feedback to the researchers that will be contacting me

Congratulations on taking this step toward quitting. This is one of the best things you can do for yourself and the people around you. The Not On Tobacco (N-O-T) Power Guide will help you gain power over cigarettes. It will help you whether you are unsure about quitting, sure about quitting, ready to quit now, planning to quit soon, or already trying to quit.

How will the Power Guide help you?

- Get rid of cigarettes -- By using the guide, you will better understand the benefits of quitting smoking; your smoking habits; how nicotine addiction impacts your body and mind; how exercise, healthy eating, and dealing with stress can help you quit; and how you can stay smoke free.
- Be Strong and independent -- The Power Guide will help you learn how to be stronger and more independent. It is intended to help you deal with your feelings, manage your stress, stand up for yourself, and help others.
- Be healthier in your body and mind -- By using this guide, you will learn ways to be healthier. When you are healthy, you look better and feel better. Being healthy also makes you feel more secure and self- confident about yourself.

Who wrote it?

The Power Guide was created by teens and researchers who want to give teens the tools to make their lives healthier and happier. They put their hearts and minds together to make the Power Guide a tool that can work for you!

Mail or fax to: **Tony Richards, Program Manager**
American Lung Association of WV
415 Dickinson Street, Charleston, WV 25339-3980
FAX (304) 342-6096