MYTHBUSTERS

MYTH

MY CHOICE TO USE TOBACCO PRODUCTS DOESN’T AFFECT ANYBODY ELSE.

BUSTED

It’s bigger than your habit!
Almost all of the tobacco sold in the United States comes from developing countries where the farmers and children are exploited by big tobacco companies. Farmers and their families are exposed to 12-hour workdays, poisonous pesticides, and extreme poverty.

-Ken Dahlgren, College Action Project

Bottom line
It’s bigger than your habit! Tobacco use has negative affects on a multitude of people.

When you’re ready to quit, we can help!
The Wellness Resource Center can provide you with free nicotine replacement therapy (patches), one-on-one counseling, a personalized quit plan, and peer support.

Visit http://quit.missouri.edu to schedule an appointment!

Want more proof?
wellness.missouri.edu/mythbusters

Brought to you by the Wellness Resource Center. wellness.missouri.edu
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