



# You'll breathe better ... at Southcoast

Southcoast Hospitals has created entirely smoke-free zones throughout all of our hospitals for the health and safety of our patients, employees and visitors. It's part of an ongoing effort to reduce smoking on hospital property and to educate our employees and the public about the health benefits of quitting smoking.

**We ask you not to smoke** while at our hospitals.

And beginning October 1, smoking will be allowed only in designated, exterior areas at each of our campuses — two at Charlton and St. Luke's and one at Tobey. Our smoke-free zones will be strictly enforced.

If you or a family member are a smoker, we want to help you quit through our "Fresh Start" stop smoking programs for the public.

Register today for our four-week classes, that we are offering at the minimal cost of \$15. **Call 1-800-497-1727** to register and visit us online for more information on class dates and times.

[www.southcoast.org/breathebetter](http://www.southcoast.org/breathebetter)



**SOUTHCOAST**  
HOSPITALS GROUP

Charlton ■ St. Luke's ■ Tobey