

SMOKE-FREE AND LOVING IT!



Let your voice be heard.
Let the Manager know that they are
a clear winner by going smoke-free.

I am very happy with the new
by-law regarding no smoking
in public places.

I've always been surrounded by
smokers...I remember working at a
restaurant in the smoking section
and finding myself holding my
breath...my clothes smelled, my hair
smelled, and my throat and eyes
burned...but I really liked my job and
the customers...I just want to say
that ever since the smoke-free
by-law came in effect, it feels
nice to go to work and be able to
breathe normally, and to feel clean
and fresh at the end of a shift. It's
for that reason that I support the
smoke-free bylaw - 100%!

Sincerely,
Nhon Barbeau, Server
The Vietnam Palace



Ottawa Council on
Smoking and Health

Conseil d'Ottawa sur le
tabagisme et la santé

www.smokefreeottawa.com



COEUR A COEUR
Ottawa
HEART BEAT