



The Maxwell Institute
of Saint Joseph's Medical Center



THE COMMUNITY FUND
BRONXVILLE • EASTCHESTER • TUCKAHOE

Attention Parents: Middle and High School Students Invited to Join Online Tobacco Education Program

The Community Fund of Bronxville, Eastchester and Tuckahoe and The Maxwell Institute in Tuckahoe are co-sponsoring a free, online, interactive program that teaches middle and high schoolers about nicotine dependence, establishing healthy alternatives and how to kick this unhealthy addiction. Participants complete worksheets on topics related to their use of nicotine, which are discussed during the online sessions. The topics include:

- Session 1:** Getting the Facts; **Session 2:** Addiction: Explains the harmful effects of nicotine and tobacco products;
- Session 3:** Alternatives: helps teens understand their urges and identify health alternatives to replace tobacco use;
- Session 4:** Past, Present, Future: Talk about next steps and how to avoid tobacco-related problems.

INDEPTH is an evidence-based program developed by the American Lung Association consisting of four 50-minute online sessions led by Lilly Neuman, CASAC, Director of Outreach and Prevention Education for The Maxwell Institute in Tuckahoe. The sessions will be conducted via Zoom group chats, which will allow discussion and interaction among the participants. Separate groups will be held for middle and high school students.

The Middle School group will run 3 p.m. to 4 p.m. on April 28 and 30, and May 5 and 7. The High School group will run 5 p.m. to 6 p.m. on April 28 and 30, and May 5 and 7. To enroll your child, please email Lilly Neuman at Ineuman@svwsjmc.org by April 16. The program is limited to residents of Bronxville, Eastchester and Tuckahoe.