



BOYS & GIRLS CLUBS
OF GREATER
NORTHWEST INDIANA

Coming to our Portage Club this Fall:

Early Childhood Support Hub

(5895 Evergreen Avenue, Portage, IN 46368)

**A Collaboration Challenge
Project Funded by:**



In Partnership with:



CoAction



FREE educational workshops & community resources open to all Porter County families with children ages 0 - 4.

- Mommy & Me Playtime
- Cooking Classes
- Post- Partum Groups
- Insurance Presentations
- Housing Counseling
- Free Giveaways
- And So Much More!



**Tell Us What You Would
Like to See in the Space!**

Scan the QR Code or go to

<https://form.jotform.com/bgcgreaterwi/EarlyLearning>



JUNE IS MEN'S HEALTH MONTH!

If you are a father or father-figure, taking care of your health isn't only important for yourself, but also for the little ones who look up to you! Being tobacco free is one of the best ways to improve your health and be a healthy role model for the children in your life.

How Tobacco Affects Those Around You

- Secondhand smoke can affect the health of those around you, as they breathe in the dangerous chemicals.
- Children who come in contact with vape juice or nicotine pouches may experience nicotine poisoning, so always keep these products away from little ones.
- Kids pay attention to their role models. Avoiding tobacco sets a good example to those who look up to you.

Mental Health & Tobacco

- Many men use tobacco products to cope with anxiety, depression, and stress, but nicotine may actually worsen long-term stress.
- People have reported their mood improves after ditching tobacco products. This means you may have more energy and improved mood to be with your loved ones!

Immediate Benefits of Limiting Tobacco

- **20 minutes** after quitting tobacco, heart rate & blood pressure drop.
- **12 hours** after quitting tobacco, your body's oxygen increases
- **2 weeks** after quitting, your circulation & lung function improves.
- Up to **9 months** after quitting tobacco you are likely to experience less coughing & shortness of breath & lungs begin to repair.

For help quitting tobacco:
Call 1-800-QUIT-NOW or text READY to 34191