

11 Minutes...Up in Smoke:

Recent research out of the University of Bristol, England finds that each cigarette smoked decreases the smoker's lifespan by 11 minutes. So, if you smoked 10 cigarettes a day for 10 years, you've taken at least 9 months off of your life! Something to think about...and spread the word about over the next few months as we begin our own campaign to make DCCC Tobacco Free!