

# Cypress Smoke-Free Parks

Cypress residents and community organizations are invited to join us in helping to make Cypress's parks smoke-free and healthier for all!



## What You Can Help With:

- Tobacco litter park clean-ups
- Collecting information at parks
- Speaking with decision makers
- Providing community education

## Time Commitment:

2-4 hours per month

## Contact:

Victoria vanTwist, Tobacco Use Prevention Program  
vvantwist@ochca.com

## Benefits:

- Make a positive impact on the Cypress community
- Make parks cleaner and healthier
- Meet new people
- Gain public health experience and new skills such as public speaking
- Earn community service hours

Health Promotion and Community Planning