



i work well

I AM CHARLES SADLER



Quitting smoking was one of the proudest moments of my life - next to being sworn in as a police officer in New York City and being promoted to detective.

- Detective Charles Sadler, NYPD | ESCAPE Participant

I remember exactly where I started smoking - in the back courtyard of my high school. One of my friends asked, "Do you want to have a cigarette?" I shrugged and said "Sure," thinking it would just be a moment in time. We were 14. Now I see how that single event changed me for more than half of my lifetime.

It took me 24 years to stop smoking. And I did it because I want to live. Every day that I go out as a NYC police officer, I pledge to protect and serve the people of this city. But when I smoked, I realized I wasn't protecting and serving myself. I decided to quit because I want to be the best person I could be for myself, my family, my friends, my coworkers and for the people I protect every single day.

My decision to quit came after receiving a WorkWell NYC e-newsletter that advertised the ESCAPE program, which is a free smoking cessation program for City employees and their families. The best part of the program was the mentoring and counseling I received. My counselor was with me every step of the way, calling me daily to check in and make sure I was staying the course. Over time, and thanks to my counselor's constant support, the urge to smoke has gone away.

Now that I no longer smoke, I feel like a new person and it's one of my goals to encourage other NYPD officers who are addicted to nicotine to get the help they need from WorkWell NYC and the ESCAPE program to quit smoking once and for all.



For resources to help you lead a healthy lifestyle, visit
nyc.gov/workwellnyc

