

Med Center is now smoke-free

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Since Monday, smoking has been prohibited across all 16 acres of the Jersey City Medical Center campus in Downtown Jersey City.

According to Mark Rabson, the hospital's director of public affairs, the decision was made last November by the hospital's board of directors to encourage employees to be good role models by not smoking.

"We want to take care of the people who take care of the patients," said Mary Cautadella, vice president of human resources.

An Employee Wellness Fair on Monday marked the threshold with fun and educational activities.

Throughout the day, hospital workers attended seminars and wandered among 30



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CLUB H instructor Ricco Rodriguez, 21, of North Bergen, teaches a Zumba class at Jersey City Medical Center.

booths dedicated to various management aspects of staying healthy, from proper nutrition to stress management. Employees even had the chance to move their hips at

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Zumba, a Latin dance-inspired exercise program.

Turkey wraps were served in support of a special group of eight employees who used the campus-wide change as an excuse to quit smoking "cold turkey."

In honor of their efforts, perennial hostas were planted in the hospital's rose garden to symbolize the strength it takes to quit.

"It sends the right message to the community," said Cautadella, who hopes that the event will inspire both employees and their families to lead healthier lives.