

CONTACT:

Vivian R. Frudakis, Tobacco Reduction
Action Coalition Coordinator
517-279-9561 ext.123,
frudakisv@bhsj.org

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GREAT AMERICAN SMOKEOUT- NOVEMBER 16, 2006

The American Cancer Society's 30th annual Great American Smokeout is scheduled for November 16th, the third Thursday of this month. The event is held annually to help millions of Americans quit smoking by encouraging them to quit for a day and is intended to "*get the ball rolling*" for a smoke-free lifetime.

If you've already decided to take the plunge and quit smoking, the Michigan Department of Community Health is here to help by having available, free of charge:

- Michigan Department of Community Health Quit Kits. This is a self help kit that even includes a coupon for a \$5.00 discount on nicotine gums and patches. You can get these kits by calling 1-800-537-5666.
- A Michigan Quit line: 1-800-480-QUIT (7848) with trained coaches. These trained coaches know how hard it is to quit and they are there to help you during your attempt.
- For those who do not have insurance, nicotine replacement patches and gum, also available by calling the Michigan Quit Line number.

In honor of the Great American Smoke-out the Branch-Hillsdale Tobacco Reduction Action Coalition will be rolling out a media campaign that will include billboards and print ads. Make sure you look for the billboards starting November 9th on RT.99 South in Hillsdale and on U.S. 12 West in Coldwater. This media campaign was made possible via a grant award from the Branch County General Endowment Fund.

For more information please call the Michigan Department of Community Health at 1-800-480-QUIT (7848). Limited amount of Quit Kits are also available by calling 517-279-9561 ext. 123.