



FOR IMMEDIATE RELEASE

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Great American Smokeout This November 17

Champaign County Tobacco Prevention Coalition to Provide
"Quit Kits" to Smokers Hoping to Kick the Habit

Thursday, November 17 is the 29th Annual American Cancer Society's Great American Smokeout. This event encourages smokers to quit, spotlights the dangers of tobacco use and acknowledges the challenges of quitting. In celebration of the Great American Smokeout, the Champaign County Tobacco Prevention Coalition will offer free "Quit Kits" to encourage smokers to quit for a lifetime by starting with just one day.

The "Quit Kits" contain items such as: candy, hand puzzles, mouthwash, water bottles, stress balls and straws to help smokers keep their hands and mouths busy without lighting up. Benefits of quitting and local resources are also included in the "quit kit".

The "Quit Kits" will be available beginning the week of Monday, November 14, 2004, on a first-come-first-served basis at the following locations:

- Planned Parenthood of East Central Illinois
302 E. Stoughton, Champaign
- Prairie Center Health Systems
718 Killarney, Urbana
- Douglass Branch Library
504 E. Grove, Champaign
- Champaign Public Library
505 S. Randolph, Champaign

- Urbana Free Library
201 S. Race, Urbana
- Champaign-Urbana Public Health District
815 N. Randolph, Champaign, and
710 N. Neil St., Champaign

For more information on how to quit smoking, call the Champaign-Urbana Public Health District/Champaign County Public Health Department at (217) 531-2914 or visit the web site at www.cuphd.org. Additional services are also provided by the Illinois Department of Public Health by calling 1-866-QUIT-YES (1-866-784-8937).

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