



Health and Human Services **MEDIA RELEASE**



FOR IMMEDIATE RELEASE

Nov. 14, 2016

Tobacco Free Florida, Sarasota Memorial Hospital, Gulfcoast South Area Health Education Center and DOH-Sarasota encourage tobacco users to quit on Great American Smokeout on Nov. 17

WHO/WHAT: In observance of the Great American Smokeout, sponsored by the American Cancer Society, Tobacco Free Florida, Sarasota Memorial Hospital, Gulfcoast South Area Health Education Center (GSAHEC) Tobacco Cessation Program and the Florida Department of Health in Sarasota County (DOH-Sarasota) encourage tobacco users to use the day to make a quit plan or to plan in advance to quit smoking on that day – Nov. 17.

GSAHEC Tobacco Cessation Program will host a free event to raise awareness about Tobacco Free Florida's free and proven-effective resources available to Floridians to successfully quit. The "Quit Your Way" program provides users interested in quitting access to free tools, including a 2-Week Starter Kit of nicotine replacement patches, Text2Quit, Email Tips and a Quit Guide. They can choose as many as they need or use them in addition to Tobacco Free Florida's Phone, Group and Web Quit services.

WHY: The event will educate smokers on the health benefits and added years to life if they quit smoking. Gulfcoast South Area Health Education Center (GSAHEC) will also provide more details about the quit services and how tobacco users may enroll.

For more information about Quit Your Way, visit www.tobaccofreeflorida.com/quityourway.

Two no-cost local events:

Live conversation on Facebook facebook.com/SarasotaMemorialHospital

Topic: Tobacco dependence and what you can do to overcome it

Participating in the conversation:

Sarasota Memorial Pulmonologist/Critical Care- *Kirk Voelker, MD*

Advanced Oncology Certified Nurse Practitioner - *Amie Miller, ARNP*

Gulfcoast South AHEC Tobacco Treatment Specialist- *Hailey Shaughnessy, LMHC*

IQUIT with AHEC Smoking Cessation Class open to the public



MEDIA NOTES:

DOH-Sarasota Media Contact:

Dianne Shipley, 941-861-2852; cell 941-302-1058; DOHSarasotaNews@flhealth.gov

Website: www.sarasotahealth.org



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WHEN: Thursday, Nov. 17, 2016
10 am. to 11 a.m. Facebook conversation
5:30 p.m. to 7:30 p.m. No-cost smoking cessation class

WHERE: Sarasota Memorial Hospital
Pre-registration is required for the smoking cessation class.
Please call 1-866-534-7909 if interested.

Sarasota County prohibits discrimination in all services, programs or activities.
View the complete policy at www.scgov.net/ADA/Pages/default.aspx

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