



Public Health
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Frederick County Health Department

News Release

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FOR IMMEDIATE RELEASE:

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GREAT AMERICAN SMOKEOUT – WHEN TRYING TO QUIT SMOKING, SUPPORT CAN MAKE ALL THE DIFFERENCE.

FREDERICK, MD -- On November 17, 2016, Frederick County residents are encouraged to join millions of other tobacco users nationwide in saying “no thanks” to tobacco products for 24 hours during the American Cancer Society’s “Great American SmokeOut”. The Great American SmokeOut provides county residents who want to quit using tobacco the perfect opportunity to enroll in the Frederick County Health Department’s Tobacco Cessation Program. This free program offers tobacco users the opportunity to attend group cessation classes or meet one-on- one with a cessation specialist. Residents who are 18 years and older may be eligible for FREE nicotine replacement therapy (NRT) such as patches, gum, and lozenges.

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Individuals who receive support during their “quit attempt” are more successful at quitting. You can quit and we can help. In addition to the free services provided by the Frederick County Health Department, residents who want to quit can register for free classes at Frederick Memorial Hospital by calling 240.566.3622 or use the Maryland Tobacco Quitline 24 hours a day, 7 days a week by calling 1.800.Quit.Now or visiting www.smokingstopshere.com. All cessation services are available free of charge.

Want to do something to celebrate Great American SmokeOut at your workplace or community organization? The Frederick County Health Department has Great American SmokeOut toolkits available free of charge. The toolkit includes a communication guide with pre-scripted emails and social media posts, posters and flyers, as well as materials needed for two simple activities designed to support those attempting to quit tobacco.

To learn more about the free tobacco cessation services available in Frederick County or to receive your free Great American SmokeOut toolkit, call 301.600.1755. Keep up to date with our offerings by finding and following Tobacco Free Frederick on [Facebook](#) and [Twitter](#).

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