

## **Save a Friend's Life with Free Quit-Smoking Kit**

On average, smokers die 15 years sooner than nonsmokers. So if you have friends who smoke, help them kick the habit before it's too late.

Are you interested in quitting smoking? Log on to [www.Iquitkit.org](http://www.Iquitkit.org). I Quit is an online program that includes quitting plans, games and message boards to help teens quit tobacco for good.

[www.smokingstinks.org](http://www.smokingstinks.org). This kit has easy, step-by-step directions for quitting smoking and staying off cigarettes for good. It works. And it's totally free.

I Quit is offered by Smoking Stinks, a Learn To Live program of the Anne Arundel County Department of Health.

## **Web Site Helps Fight Tobacco Use**

Gag on gross cancer photos. Test your gaming skills. Send an e-card. Plan an event for Tobacco-Free Kids Week 2009. And help a friend kick the cigarette habit.

Do all this and more on the Smoking Stinks Web site, [www.smokingstinks.org](http://www.smokingstinks.org). The site has lots of ideas to help you take a stand against tobacco use in your school or community group. You can even order anti-smoking materials online.

The Smoking Stinks Web site is sponsored by Smoking Stinks, a Learn To Live program of the Anne Arundel County Department of Health.

## **Free Tobacco-Free Kids Week Planning Kits**

Do you think smoking stinks? Do you want to take a stand against tobacco? Free planning kits are now available for Tobacco-Free Kids (TFK) Week 2009, to be held March 1-7. The kits have everything you and your friends need to plan a tobacco-free event in your school. Call the Learn To Live Line, 410-222-7979, to get yours. Or order online at the Smoking Stinks Web site, [www.smokingstinks.org](http://www.smokingstinks.org)

During TFK Week, students across the county will put on events to show they're against getting hooked on cigarettes, cigars and smokeless tobacco. More than 70,000 people participated in the last TFK Week event.

TFK Week is sponsored by Smoking Stinks, a Learn To Live program of the Anne Arundel County Department of Health.