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TOBACCO FREE FLORIDA AND DOH-PINELLAS ENCOURAGE TOBACCO USERS TO QUIT FOR A DAY ON NOV. 17

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In observance of the **Great American Smokeout**, sponsored by the American Cancer Society and Tobacco Free Florida, the Florida Department of Health in Pinellas County (DOH-Pinellas) encourages tobacco users to make a quit plan or to plan in advance to quit smoking on Thursday, Nov. 17.

The nationally celebrated Great American Smokeout, now in its 41st year, challenges people to stop using tobacco and helps them learn about the many tools they can use to help them quit and stay quit.

DOH-Pinellas is raising awareness of 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 tools and services as they need, or use them in addition to Tobacco Free Florida's Phone, Group and Web Quit services.

DOH-Pinellas aims to educate Floridians on the various ways to quit and supports them through the process - not only during the Great American Smokeout, but year 'round. For more information about Quit Your Way, go to www.tobaccofreeflorida.com/quityourway.

For information about DOH-Pinellas, go to www.PinellasHealth.com and follow us on Twitter @HealthyPinellas.

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