

## **Henryetta Health Department set to Celebrate Red Ribbon Week**

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Mark your calendars to stop by the Henryetta Health Department, Thursday, October 23rd, from 1:00 pm – 4:00 pm to pick up (while supply lasts) your free "quit kit" in honor of Red Ribbon Week (October 23rd-31st).

Quitting smoking isn't easy as the average smoker attempts to quit between 8 and 11 times before ultimately quitting for good.

The kit contains tips and items to help a tobacco user conquer a craving, and get a head start on quitting.

Kits are provided by the Communities of Excellence Tobacco Prevention Program of the Okmulgee County Wellness Coalition. The Tobacco Prevention Program works to reduce tobacco exposure within the community, and expose the deceptive practices of tobacco companies. Smoking is the leading cause of premature, preventable death in the United States.

For more information, contact Jennifer Avery at the Okmulgee County Health Department, 918-756-1883x138.

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