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For better health, join smokeout

You can do it. You can quit.

Today, many Muskogee-area smokers will take part in the Great American Smokeout, a national observance started in the 1970s dedicated to helping people quit smoking.

The smokeout was started because giving up tobacco is not easy. It takes determination and, just as important, support.

Most people who quit are able to do it because they have friends or family who encourage them and hold them accountable, or they receive counseling. And many people who quit also use an aid, such as a nicotine replacement product or prescription medicine.

For advice about how to get started, we encourage you to stop by the Muskogee County Health Department or the Cherokee Nation Muskogee Health Center for the Muskogee Turning Point Coalition's cold turkey event. There you can trade in tobacco products you have for a turkey sandwich and enter a raffle for a turkey. You will also receive information on how to stick with a quit-smoking resolution.

Researchers have reported, and it's something that intuition supports, that good health is important to happiness. And life is more healthy for you and those around you when you don't smoke.

Smokeout info

What: Great American Smokeout local event.

When: 7:30 a.m. to 1 p.m. today.

Where: Muskogee County Health Department, 530 S. 34th St., and Cherokee Nation Muskogee Health Center, 1805 N. York St.

Info: Oklahoma Tobacco Helpline at (800) 784-8669.