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Oak Parkers encouraged to participate in *Great American Smokeout*

Oak Parkers are encouraged to take part in the American Cancer Society's 31st annual *Great American Smokeout*, scheduled for Thurs., Nov. 15. The Oak Park Department of Public Health offers a variety of ways to help residents quit smoking, and think the day could be a catalyst for those trying to kick the habit – for good.

“We urge smokers in Oak Park to participate in the *Great American Smokeout* because, for many, it will serve as the first step to living longer, healthier lives with valued friends and family,” said Jacob Nelson, Oak Park Public Health Information Coordinator. “We want residents to get the help we know can greatly increase their chances of becoming smoke free.”

The American Cancer Society offers a clinically proven *quitline* for any American trying to curb the smoking habit. Call 1.800. ACS.2345 or visit www.cancer.org/greanamericans to start smoking cessation counseling, or for more information. Illinois and Oak Park residents also can call the *Illinois Tobacco Quitline* at 1.866.QUIT.YES for resources and tips on how to prepare to quit smoking.

The Oak Park Department of Public Health offers a variety of smoking cessation programs throughout the year as well, including *Freedom from Smoking*, a six-week program designed to help smokers quit.

For more information on programs offered by the Department of Public Health, e-mail health@oak-park.us, or call 708.358.5480. The department can be found online at www.oak-park.us/health.

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