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Arkansas Tobacco Quitline Gives Fathers the Tools to Quit

CITY, State (Month, Date, Year) – Father’s Day marks a day for children and families to celebrate their dads and all of the special things they do. Regrettably, more than 3000 Arkansas men will lose their lives due to smoking-related illnesses this year. Through the Arkansas Tobacco Quitline, fathers can take advantage of the right tools to quit their tobacco habit so they may continue to be around for their loved ones.

People who quit tobacco greatly reduce their risk for heart disease and lung cancer, giving them the opportunity to lead longer, healthier lives. Although the health benefits are greater for people who stop at earlier ages, quitting is beneficial at all ages.

Stamp Out Smoking encourages fathers, of any age, to take a step in the right direction and call 1-800-QUIT-NOW to enroll in the free program and get the support they need to quit. Through the Quitline, callers receive five one-on-one phone sessions with a QuitCoach® tailored to their specific needs. Additionally, unlimited access is given to Web Coach™, an interactive, online community that offers tools to quit, social support and more information about quitting.

“Fathers can be important role models, but when they use tobacco, not only are they partaking in an unhealthy lifestyle, they are setting bad examples for their children,” said **Name, title for the Organization.** “The Quitline is an excellent tool for fathers who want to quit this Father’s Day. The combination of counseling and medication greatly increases a tobacco user’s success in quitting.”

The Arkansas Tobacco Quitline is available seven days a week from 7 a.m. to 2 a.m. and provides personalized, motivational and supportive coaching to help tobacco users

quit. Callers may receive free nicotine replacement therapy, such as patches and gum, while supplies last. Services are available in English, Spanish and additional languages as needed, including Marshallese. The Arkansas Tobacco Quitline is available year round by calling 1-800-QUIT-NOW.

About the Program

Information about your program.

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