



FOR IMMEDIATE RELEASE 07-30-09

CONTACT: Leslie Kinnee

989-831-3669, lkinnie@mmdhd.org

Mid-Michigan District Health Department

615 N. State St., Stanton, MI 48888-9702, www.mmdhd.org

If you didn't buy tobacco...

STANTON~ Everyone understands that it's hard to quit smoking. But for one Coral business owner, it took understanding the cost of smoking to motivate him to quit.

Gary Labaron, owner of Jody's Coral Market, decided to make this cost relevant and simple for people to understand by having some very tangible examples of what you could buy if you didn't buy tobacco. "Nelson's Speed Shop of Greenville brought a lawn tractor, four wheeler and scooter to the Coral Festival, all of which could be financed for equal to or less than what a pack a day smoker spends on cigarettes," said Labaron. He is hopeful that he convinced people that the fun they could be having would be worth the effort to quit.

"Playing and having fun are good distractions for a person trying to quit, plus you get the benefits of being physically active," said L. Quinn Lincoln, who is administering Quit Tobacco Workshops for the Mid-Michigan District Health Department (MMDHD). "Quitting smoking could give you decades longer with friends and family and more time to play with your toys," she said. She had information available for those interested in quitting at the Coral Festival.

The Quit Tobacco Workshop is free and meets once a month for two months at varied locations. Free Nicotine Replacement Patches are available to those who are over 18 years of age, take the class and qualify.

For more information on the Quit Tobacco Workshop, contact L. Quinn Lincoln at MMDHD at 989-831-3601.

Mid-Michigan District Health Department serves the residents of Clinton, Gratiot and Montcalm Counties.

###