

HAPPY NEW YEAR



**American Lung Association of Hawaii (ALAH)
Presents
Quit Smoking - 2009 New Year Resolution**

"BREATHE"

(Statewide/Oahu) Debbie Odo, Director of Tobacco Control, (808) 537-5966 x216, email xtobacco@ala-hawaii.org
(Statewide/Oahu) Ada Yamaki, Health Educator, (808) 537-5966 x207, email ayamaki@ala-hawaii.org
Hilo Branch, Sally Ancheta, Senior Program Coordinator, (808) 935-1206, email alahbi@ala-hawaii.org
Kauai Branch, Rebecca Smith, Program Coordinator, (808) 245-4142, email alahkauai@ala-hawaii.org
Maui Branch, Helen Barrow, Program Coordinator, (808) 244-5110, email alahmaui@ala-hawaii.org

GOAL: The purpose of this event is to encourage smokers to set a quit date in the next 30 days and to highlight the importance to "Breathe" clean air.

WHEN/WHERE: (Statewide distribution: 800)

- **Oahu: (808-537-5966) 400 survival kits available:** Saturday, January 10, 2009: Distribution from 11:00 am – 3:00 pm at the Ward Warehouse (Across from Ward Farmers Market)
- **Hilo (808-935-1206) 200 survival kits available:** Friday, January 9, 2009: Distribution from 6:30 am – 8:30 am at Hilo Shopping Center (Corner of Kilauea and Kuanaoa Street on the mauka side of the First Hawaiian Bank. *Additional Sites to Pick up a Kit:* Hilo Medical Center 11:00 am – 1:00 pm, Pahoia Family Health Clinic 7:30 am - 9:00 am, and T. Kaneshiro in Honokaa 4:00 pm - 6:00 pm
- **Kauai (808-245-4142) 100 survival kits available:** Friday, January 9, 2009: Distribution from 7:30 am – 10:30 am at Kukui Grove Shopping Center between Longs and Jamba Juice
- **Maui (808-244-5110) 100 survival kits available:** Friday, January 9, 2009: Distribution from 6:30 am – 8:00 am at Queen Ka`ahumanu Center near Starbucks Coffee

WHAT: Smokers and their family and friends can pick up a **FREE** American Lung Association of Hawaii's survival kit that contains quit smoking resources and incentives. The 800 survival kits are available on a first come, first served basis. Each kit contains: "Quit Smoking Action Plan," "How You Can Stop Smoking For Good!" "Stop Smoking Control Your Weight," Information about the ALAH's Freedom From Smoking Programs and Lung Helpline, stress ball, buttons, stickers, Cylinder LED KeyLite and more.

Drawing: Participants who complete the baseline survey forms are eligible for gifts certificates. All gift certificates must be picked up at the American Lung Association of Hawaii's offices.

Mahalo to our Sponsors: The grant was received from the Tobacco Prevention and Control Trust Fund of the Hawai'i Community Foundation

In-Kind Sponsors: Hawaii Quit Line and Pfizer brochures.

"When You Can't Breathe, Nothing Else Matters"