

HAPPY NEW YEAR



American Lung Association of Hawaii (ALAH) Presents 2009 New Year's Smoking Resolution Project...

"Breathe"

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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: Saturday, January 10, 2009 from 11:00 am – 3:00 pm

WHERE: The Ward Warehouse (Across Ward Farmers Market)

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 **400 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 reliever, Cylinder LED KeyLite, buttons, stickers, and more.

DRAWING: Participants who complete the drawing form are eligible for gift certificates and other prizes. Gift certificates must be picked up at the American Lung Association of Hawaii, Oahu office at Dole Cannery (680 Iwilei Rd., Suite 575. Ph: 808-537-5966).

MAHALO TO OUR MAJOR SPONSOR: The grant was received from the Tobacco Prevention and Control Trust Fund of the Hawai'i Community Foundation

IN KIND SPONSOR: Ward Centers Merchants - Hawaiian Moon & Calista by Cotton Cargo gift certificates and Hawaiian Moon, Calista by Cotton Cargo, Restaurants Unlimited, Ward Pet Spot, Jamba Juice, Opal Fields & The Wedding Café coupons. Hawaii Quit Line, Castle Medical Center & Pfiser brochures.

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