

## **60 Second RHA Radio Spot**

**(January 2011)**

Hello, I'm Jennifer Baker of the RHA Central. January 16th marks the start of National Non-Smoking Week.

Not smoking or quitting smoking is one of the best things you can do for your health. **The good news is that you CAN quit smoking.** Many people have the misconception that they have to quit on their own. The reality is that quitting is much easier when people feel supported by those around them. There are many online resources that can help as well as support from your doctor, family and friends.

Whether you're thinking about quitting or have already begun the process, the Smokers' Helpline can DOUBLE your chance of success. The Helpline is a free, confidential, bilingual service staffed by Quit Specialists who can assist you in cutting down or quitting. Smokers are offered the help they need to succeed. To connect with Smokers' Helpline, call 1 877 513-5333. That's 1 877 513-5333 . **“There are hundreds of reasons to quit ... what's yours?”**

That's January's MONTH IN REVIEW from the RHA Central, helping you become, **AS HEALTHY AS CAN BE!**