

The Department of Veterans' Services and the Department of Public Health are pleased to announce that we will team up again to provide a free quit-smoking promotion for all Massachusetts Veterans and their families. Starting on March 7, 2011 Veterans and their families can call a toll-free number or go online to qualify for their FREE, two-week supply of nicotine patches. Our common goal is to increase the likelihood of quitting smoking for any Massachusetts resident who has served in the military, including the National Guard, and to their family members.

The smoking rate among Veterans remains higher than the state average, even as Massachusetts' overall smoking rate continues to decline. The age-adjusted smoking rate for Massachusetts veterans is 23.5%, well over the average for all Massachusetts adults.

Quitting smoking is difficult, but there are ways of making it easier. Studies have shown that using medications like the nicotine patch to help quit smoking doubles the chance of quitting. Using medication and support [www.makesmokinghistory.org/quitting-smoking/onthehone.html](http://www.makesmokinghistory.org/quitting-smoking/onthehone.html) together makes it three times as likely that a smoker will be able to quit for good.

WHERE: New England Center for Homeless Veterans, Main Hall (1st Floor)

17 Court Street

Boston, MA

WHEN: Monday March 7, 2011 at 1:00 p.m.

If you are unable to attend the event, please help us spread the word that starting on March 7, 2011, Veterans and their family members can take advantage of this promotion for a limited time by:

- \* Calling 1-800-QUIT-NOW (1-800-784-8669) and telling the operator that they are a veteran or family member, or
- \* By logging on to [www.makesmokinghistory.org/veterans](http://www.makesmokinghistory.org/veterans), where they will be asked to complete a simple, confidential screening process.

-----Original Message-----

From: Wahl, Pallas 1SG NGMA On Behalf Of PAOMA

Sent: Thursday, March 03, 2011 12:49 PM

Subject: Veterans Quit Smoking Launch - Monday March 7 (UNCLASSIFIED)

Classification: UNCLASSIFIED

Caveats: NONE

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This information is being provided for informational purposes only and does not constitute an endorsement, expressed, or implied, by the Massachusetts National Guard, of the entity, product, or service.

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