



## Free Help Offered To Smokers During Tobacco Free Awareness Week From Smoke Free Society Corporation

*In recognition of Tobacco Free Awareness Week, January 22 - 28, Smoke Free Society will offer a free online download of its Proven Stop Smoking Technique through the end of January.*

For Immediate Release

PALM BEACH GARDENS, Fla./EWORLDWIRE/Jan. 17, 2006 --- In recognition of Tobacco Free Awareness Week, January 22-28, Smoke Free Society will offer a free online download of its "Proven Stop Smoking Technique" through the end of January. The program is designed to help and encourage smokers to follow through with their New Year's resolution to quit for good this coming year while saving their own lives, loved ones' health and hard-earned money.

"Tragically, one out of four Americans smoke," said Rez Seyedin, founder of Smoke Free Society. "That means in a family of four, either the father or mother, or both, are smokers endangering their lives as well as their loved ones' lives and future. Sadly, an average pack-a-day smoker spends over \$1,500 a year on their cigarettes alone, and that doesn't include all other related costs. A Duke University study puts the true cost of lifetime smoking at \$40 a pack - money that could be used to provide food, education, healthcare and fun activities for their family."

"The good news is that smokers can quit with help of modern smoking cessation tools and services," said Seyedin. "Tobacco prevention and cessation events and seminars are a great way to motivate people to try to quit smoking for good or to never pick up the habit. We are offering a free download of our 'Proven Stop Smoking Technique' nationally to anyone who wants to quit smoking or help a loved one quit."

Smoke Free Society also helps smokers quit through its corporate seminars and events. These Smoke Free Work Environment Seminars and events are conducted off or at the employer's business location and include Smoke Free Society's three-step smoking cessation process of preparation, quitting and support. The seminar is open to all employees, as smoking affects everybody whether they smoke or don't, helping to create an environment more conducive for employees who want to quit. "Support from family, friends and co-workers is an essential part of successful quitting and staying smoke-free," said Seyedin.

An employee that smokes costs an employer more than \$9,300 in lost productivity, smoking breaks, excess medical expenditures, liability insurance and other related costs each and every year. And according to the office of the U.S. Surgeon General, "Paying for tobacco use cessation treatments is the single most cost-effective health insurance benefit for adults that can be provided to employees."

Smoke Free Society is a national, nonprofit organization dedicated to helping smokers quit and educating kids not to start. Its web site is a portal to an array of information on the adverse effects of smoking. Smoke Free Society offers a variety of quit smoking seminars, plans and programs and its dedicated staff is ready to help smokers quit smoking before it's too late.

For more information, visit [www.SmokeFreeSociety.org](http://www.SmokeFreeSociety.org).

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