



## Smoke Free Society: Children To Lead Anti-Smoking Efforts On National Kick Butts Day

*Smoke Free Society Offers Free Help To Encourage Smokers To Quit*

For Immediate Release

PALM BEACH GARDENS, Fla./EWORLDWIRE/March 30, 2006 --- In recognition of National Kick Butts Day, a nationwide initiative that makes children leaders in the effort to stop youth tobacco use on April 5, Smoke Free Society will offer a free online download of its "Proven Stop Smoking Technique" through the end of April. The program is designed to encourage kids to become involved in, support and help their loved ones who smoke, quit for good.

"Smoke Free Society, a national, nonprofit organization, was established with the mission to unite the community in bringing awareness, support and education that truly helps smokers quit and stay quit," said Rez Seyedin, founder of Smoke Free Society. "We also needed to create a welcoming environment where individuals are encouraged to help themselves and their loved ones quit smoking to live longer, healthier lives and save money. This coming month we are asking kids to become even more involved in helping their loved ones who smoke kick their addiction."

Children are becoming more educated about how dangerous secondhand smoke is and want their loved ones to quit. Secondhand smoke is a toxic cocktail consisting of poisons and carcinogens. There are over 4,000 chemical compounds in secondhand smoke- 200 of which are known to be poisonous, and upwards of 60 have been identified as carcinogens. Secondhand smoke causes an estimated 3,000 lung cancer deaths, and accounts for up to 62,000 heart disease deaths each year among nonsmokers in the United States alone. According to Dr. Katherine Hammond at the University of California Berkeley School of Public Health, nonsmokers receive the equivalent of cigarette smoking just by being around smokers:

- In the non-smoking section of a restaurant = one and a half cigarettes
- In a pack-a-day smoker's home = three cigarettes
- In a smoky bar for two hours = four cigarettes
- Riding in a car one hour with a smoker = four cigarettes

Smoke Free Society offers various levels of smoking cessation plans, motivational corporate seminars and services to help smokers. The core of the effective, educational plans and seminars is Smoke Free Society's three-step smoking cessation process of preparation, quitting and support.

Smoke Free Society is a national, nonprofit organization dedicated to helping smokers quit and educating kids not to start. It is currently offering a free download of its "Proven Stop Smoking Technique" to anyone who wishes to quit smoking or help a loved one quit in just 17 days without the use of any substance or drug. The Smoke Free Society Web site is a portal to an array of information that also helps educate parents to lead by example and not smoke and learn how to better communicate with their kids about smoking and tobacco use.

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

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