



**Public Health**  
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**Champaign-Urbana Public Health District**

**FOR IMMEDIATE RELEASE**

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## **CUPHD Encourages Residents to Celebrate Being Smoke-Free!**

*Champaign-Urbana Public Health District and Partners to Provide  
FREE Event in Honor of World No Tobacco Day 2009*

Champaign, IL – The Champaign-Urbana Public Health District (CUPHD), lead agency for Champaign County Tobacco Prevention Coalition, has partnered with Parkland College Wellness to hold an event funded in part by The Illinois Tobacco Free Communities Grant and the Live Free Tobacco Free Grant to promote World No Tobacco Day 2009. This FREE event will be held on Thursday, May 14, 2009 in two locations: CUPHD at 201 West Kenyon Road from 10:00am – 12:00pm and Parkland College at the Parkland College Center from 11:00am – 1:00pm.

People who have quit smoking are encouraged to visit either location to leave an inspirational message for someone who might be thinking about quitting and receive a special package to celebrate being tobacco free. Messages can include:

- Tell someone what you like about being tobacco free.
- Tell someone what helped you stay tobacco free.
- Give someone a tip for quitting.

Anyone who leaves a message will receive a fresh flower, a coupon for a FREE standard regular cup of coffee from Aroma Café, a \$10 gift card from Mary Kay Holistic Beauty good for \$10 off any beautification procedure, and a chance to win one of two FREE gym memberships from Cardinal Fitness valued at \$119 each. Residents interested in becoming tobacco free can obtain FREE information on any of the many smoking cessation programs offered by CUPHD.

“Tobacco products are very addictive,” said Nikki Hillier, Program Coordinator for

CUPHD, “Every day members of our community struggle to live tobacco-free. CUPHD hopes that this event will provide inspiration and support for those that may be considering living tobacco-free, and for those currently in the process of quitting.”

Tobacco use is the leading preventable cause of death in the world. The World Health Organization (WHO) attributes about 5 million deaths a year to tobacco use, a figure expected to rise to about 10 million deaths a year by 2020, with 7 million of these deaths occurring in developing countries.

Tobacco is the only legal consumer product that kills one third to one half of those who use it as intended by its manufacturers, with its victims dying on average 15 years prematurely.

For more information about the World No Tobacco Day 2009, smoking cessation programs at CUPHD, or any other CUPHD programs and services, please call 217-352-7961 or visit CUPHD on the web at [www.c-uphd.org](http://www.c-uphd.org).

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