



TRI-CITIES
*Cancer
Center*

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MEDIA RELEASE

FOR IMMEDIATE RELEASE:

**RESOLVE TO QUIT. WE WILL HELP
YOU BREAK THE HABIT**

Kennewick, WA – Tobacco use is responsible for 1 in 5 deaths and we want to help you break the habit! The Tri-Cities Cancer Center, a leader in radiation oncology in southeastern Washington and northeastern Oregon, will host a tobacco cessation workshop in their Resource Center. Cindy Miller, RN, CBPN-IC will facilitate the presentation ***Tobacco Cessation***.



To help those who are ready to break the habit, the Tri-Cities Cancer Center offers this presentation at no charge.

Give yourself a Valentine's Day present of a tobacco free year. Join us on Tuesday, February 14, 2012 from 2:00 – 3:30 PM.

Smoking accounts for at least 30% of all cancer deaths and 87% of lung cancer deaths. The Tri-Cities Cancer Center encourages smokers to quit. By doing so, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk. Quitting smoking is not easy, but it can be done. To have the best chance of quitting successfully, smokers need to know what they are up against, the options, and where to go for help.

This program will help identify triggers, come up with ways to beat them, and discuss the use of nicotine replacement therapy. The “e-cigarette” will also be discussed and demonstrated. Nicotine replacement patches will be available at no cost to first time participants.

To reserve a seat at the next class, schedule a presentation at your place of business, or for more information please call us at (509) 737-3427. The Tri-Cities Cancer Center is located at 7350 W. Deschutes Ave., Kennewick.

The Tri-Cities Cancer Center is able to offer the Tobacco Cessation classes, at no cost, thanks to a generous contribution **from Washington River Protection Solutions**. Donations to the Tri-Cities Cancer Center Foundation stay local and are used to provide valuable non-reimbursed cancer programs and services for patients, their families, and the community.

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Media: To help us ensure the confidentiality of our patients, if you wish to visit the Tri-Cities Cancer Center for the purpose of interviewing and/or covering an activity, please call ahead. A member of the Cancer Center outreach staff will be available to assist you. We appreciate your understanding and cooperation.