

# Tobacco-Free Kaua'i

Presents

## “Turn-in and Quit”

Join us for our first Turn-in and Quit event on Sunday, **December 4<sup>th</sup>, 2011** at Kukui Grove's food court (Sear's side) any time between 8am till 12 noon.

Local tobacco cessation specialists will be available to offer cessation advice as well as conduct carbon monoxide (CO) testing. If you are ready to take the next step in quitting, turn-in your last cigarettes and pick up a starter kit, to start your new smoke-free life.

Not ready to quit? No problem, you can still visit us for “thinking about quitting” advice and pick up a starter kit to save for the special occasion when you are ready. Then join us again in the New Year to check your carbon monoxide levels and visit with our cessation specialists.

Tobacco-Free Kauai's second Turn-in and Quit event will be on Sunday, **January 8<sup>th</sup>, 2012** at the same place; Kukui Grove food court (Sear's side) from 8am till 12noon.

For more information,  
Please call 808 346-3950 or email [TobaccoFreeKauai@gmail.com](mailto:TobaccoFreeKauai@gmail.com)

