



## What™s Love Got To Do With It, Asks Smoke Free Society

*This Valentine™s Day, Smoke Free Society is asking friends, family and loved ones of smokers to get involved and send a free e-Valentine to help those they care about most quit smoking. Users should go to [www.SmokeFreeSociety.org](http://www.SmokeFreeSociety.org).*

For Immediate Release

PALM BEACH GARDENS, Fla./EWORLDWIRE/Feb. 7, 2006 --- Every February 14, candy, flowers and gifts are exchanged between loved ones to show how much they care. This Valentine™s Day, Smoke Free Society is asking friends, family and loved ones of smokers to get involved and send a free e-Valentine pledging their love, support and involvement to help those they care about most quit smoking. Online users should go to [www.SmokeFreeSociety.org](http://www.SmokeFreeSociety.org) and select an e-Valentine to be sent via e-mail.

“What™s love got to do with it? Support from family and loved ones is key to those who want to quit smoking for good,” Linda Seyedin, co-founder of Smoke Free Society. “That™s why we created free, life-saving e-Valentines to let people show how much their loved ones mean to them and how important it is for them to quit. We must all get involved to help our loved ones quit and enjoy a smoke-free life, because we care.”

Research shows smokers are up to eight times more likely to be successful quitting when participating in a support program. Along with support from family, friends and loved ones, Smoke Free Society offers a support program to help smokers quit and stay smoke free. Its “Buddy System” also pairs up two smokers so they can quit together “a great way to support each other during the quitting process.

If a person is married to a smoker, they've got about a 30 percent greater risk of developing lung cancer. A study published in the medical journal *Circulation*, stated that women frequently exposed to smoke at home or work were 68 percent more likely to develop breast cancer. And being around secondhand smoke for just a few minutes does 80 to 90 percent as much harm to your heart as actively smoking. So, it is crucial for non-smokers to get involved to help their loved ones quit “for both of their sakes.

Smoke Free Society is a national, nonprofit organization dedicated to helping smokers quit and educating kids not to start. It is currently offering free e-Valentines and a free download of its “Proven Stop Smoking Technique” to anyone who wants to quit smoking or help a loved one quit in just 17 days, without the use of any substance or drug. Its web site is a portal to an array of information on the adverse effects of smoking and the benefits of quitting. Smoke Free Society offers a variety of quit smoking seminars, plans and programs and its dedicated staff is ready to help smokers quit before it™s too late.

Visit [www.SmokeFreeSociety.org](http://www.SmokeFreeSociety.org) for more information.

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