



## Smoke Free Society Encourages Fathers To Lead By Example And Quit This Father's Day

*Families must get involved to save their father's life. It starts by sending an eCard that counts.*

For Immediate Release

PALM BEACH GARDENS, Fla./EWORLDWIRE/June 12, 2006 --- This Father's Day, June 18, Smoke Free Society is asking family members to get involved in helping their fathers quit smoking. The national, nonprofit organization is also providing several free ways to help them stop:

- Free eCards pledging love support and involvement.
- A free online download of its "Proven Stop Smoking Technique" to help smokers correctly and effectively quit by weaning off their cigarettes in 17 days without any substance or drug.

"This Father's Day I remember my dad, who smoked and quit after 50 years. By quitting, he extended his life by at least 10 years. I cherished my time with him, and miss him dearly," said Rez Seyedin, founder of Smoke Free Society. "As an ex-smoker, I know quitting isn't easy, but possible, especially when you have the support of the loved ones around you. Fathers must quit for their loved ones, if not for themselves."

Research shows smokers are up to eight times more likely to be successful in 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.

Integral to this program is the "Buddy System," which allows family members to work with their fathers or loved ones through the entire quitting process, from preparation to quitting to follow-up support. Most importantly, in this program fathers have a chance to become strong role models for their children and grandchildren by quitting.

"Fathers who smoke send the wrong message to their young and impressionable children and grandchildren," Seyedin elaborated. "Smokers' spouses have about a 30 percent greater risk of developing lung cancer. And being around secondhand smoke for just a few minutes does 80 to 90 percent as much harm to the heart as actively smoking. So, it is crucial for non-smokers to get involved to help their loved ones quit " for everyone's sake. "

Smoke Free Society is a national, nonprofit organization dedicated to helping smokers quit and educating kids not to start. It is currently offering free eCards for all occasions. 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 for individuals as well as corporations, government and schools. It also holds special events to help smokers quit before it's too late.

The free eCards, download and other life-saving information are available at [www.SmokeFreeSociety.org](http://www.SmokeFreeSociety.org).

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