

For Immediate Release:

For further information, please contact:
Kimberly Mroziak
TCV MH/MR, Inc.
412-351-0222 x420

Quit Smoking Today! Great American Smokeout

TCV MH/MR, Inc., in contract with Tobacco Free Allegheny, participated in the 30th annual Great American Smokeout on November 16th, by conducting activities at local school and community locations. The Great American Smoke Out is held every year on the Thursday before Thanksgiving to help raise awareness of effective ways to quit using tobacco products permanently. Each year, millions of Americans join together to not smoke for 24 hours.

TCV MH/MR, Inc. conducted health fair tables at the entrance of the Steel Valley Council of Government building in Homestead and the Turtle Creek Human Services Center. At the Great American Smokeout table, participants were given information about the harmful effects of tobacco, able to sign a pledge for a smoke free home, enter to win a \$20 Target gift card and sign up for Tobacco Cessation Classes. TCV MH/MR, Inc.'s cessation classes are always forming. If you would like to join the 8 others who signed up for cessation classes, please call 412-464-1522 x500 to sign up. Classes are formed with the ideal to fit your individual lifestyle and schedule.

Established in 1970, Turtle Creek Valley MH/MR, Inc. is a private, non-profit agency which strives to meet the needs of the community in mental health counseling and treatment; mental retardation therapy and activities and drug and alcohol treatment and intervention for families, individuals, children and adolescents.

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