



News Release

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**Join Columbus Community Hospital in the Great American Smokeout**

For Immediate Release

**(COLUMBUS, Neb.)** – Did you know that within minutes of smoking your last cigarette, your body begins to recover? Columbus Community Hospital and the American Cancer Society encourage you to join the Great American Smokeout and make the decision to quit smoking.

The American Cancer Society states that about 34 million American adults smoke cigarettes. Smoking remains the largest preventable cause of death and illness and leads to an estimated 480,000 deaths each year.

The Great American Smokeout is one of the American Cancer Society's signature events, promoted annually on the third Thursday of November. This year, CCH is encouraging the Columbus community to join thousands of people across the country who have stopped smoking and taken the first step toward a healthy life and reducing their risks of cancer.

Let today be the start of your journey toward living a smoke-free life. If you are thinking of quitting, call 1-800-QUIT-NOW.

For more information about quitting smoking, please consult with your local health provider or visit [cancer.org](http://cancer.org).

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