

News Release

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Mattamuskeet Early College High School – TRU Club Great American Smokeout



MECHS TRU Club members (pictured from left to right) Patricia Harrison, Jazzmine Adame, Micah Pickett, and Atashi Murray distribute QUIT kits to the Hyde County Health Department's Public Health Educator, Elizabeth Mumm.

Mattamuskeet Early College TRU Club members recently met to package QUIT kits for the Great American Smokeout. The Great American Smokeout is a nationally recognized day to help smokers quit for the day with the hopes that they will quit for longer. The QUIT kits contained; QuitlineNC information, a serenity stone, lip balm, mints, and sticker declaring them quit for the day.

TRU Club members distributed the QUIT kits to the school nurse, the Hyde County Health Department, the library, the Front Desk, and to loved ones they wanted to encourage quitting.

For more information about quitting smoking, visit www.QuitlineNC.com or call the quit line at 1-800-QUIT-NOW.

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