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FOR IMMEDIATE RELEASE



MyLastDip.com Helps Smokeless Tobacco Users Quit for Valentine's Day

Quitting tobacco is one of the greatest gifts a person can give to their loved ones. Although many resources exist to help smokers quit, smokeless tobacco users have had a more difficult time finding help, but no more. The MyLastDip.com family of programs offer free Web-based cessation programs that can help both young chewers and dippers, aged 14-25 and anyone 26 years or older, quit smokeless tobacco for good. The programs are free and can help users create their own effective quit plans using proven methods that have helped thousands of chewers quit.

While it's critical for smokeless tobacco users to want to quit for themselves, our research has shown that **Chewers' wives, girlfriends, and partners really want them to quit!** If you're tired of chewing and want to make a lasting difference in your health and well-being, you can express your caring by giving a special Valentine's gift; quitting for good. Consider getting quit help from MyLastDip.com. It's time to clean your mouth, clean your life, and quit the dip!

The **My Last Dip** programs are free, accessible, and effective quitting tools supported by research grants from the National Cancer Institute, and hosted by Oregon Research Institute.

*** For more information about this news release, call Milagra at 541-484-2123***