

From: Oral Health Kansas [jparnell@oralhealthkansas.org]
Sent: Wednesday, November 10, 2010 4:51 PM
To: jparnell@oralhealthkansas.org
Subject: Oral Health Kansas Weekly Wednesday Update



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Don't Forget Make a Hotel Reservation!

A block of rooms for Oral Health Kansas is available at the Capitol Plaza Hotel at the rate of \$89 per night.

Kansas Tobacco Quitline ONLINE

The Kansas Tobacco Quitline has a new feature to help people quit using tobacco. The new feature is an online addition to the phone based counseling services that are currently offered. The website, called Web Coach, provides additional tools to help tobacco users quit with the help of counselors through 1-800-QUIT-NOW. Users are allowed 5 free counseling sessions when they call, this will allow people to begin and work on cessation exercises at their own pace and will give them a forum to discuss quitting challenges and successes with others.

Studies have found that using phone- and internet-based counselors can more than double a person's chances of successfully quitting tobacco.

The [Kansas Department of Health and Environment](#) (KDHE) provides this free service to all Kansans in collaboration with [Free & Clear](#), a nationally certified telephone Quitline provider.

Currently, users must first call 1-800-QUIT-NOW to register and gain access to the Web Coach website. KDHE officials said they are working with [Free & Clear](#) on a stand-alone online cessation counseling service that may be ready mid 2011.

Free smoking cessation gum and patches are available to those who qualify and while supplies last. To see if you qualify, simply call the 1-800-QUIT-NOW (1-800-784-8669).

Dentists can be among the most influential in urging people to quit using tobacco. Refer people to the Quitline today!

To make reservations, please call (785) 431.7200 and ask for the Oral Health Kansas room rate.

The \$89 rate is available through November 11, 2010.

Make your reservations early!

Capitol Plaza Hotel
1717 SW Topeka Blvd
TOpeka, KS 66612

[Join Our Mailing List!](#)

A New Decade
for Oral Health:
THINK BIG

Don't miss out on exciting topics, including:

- Oral health in Health Reform
- Successful campaign elements for including an adult dental benefit in Medicaid
- Oral health for people who are aging and for people with disabilities
- The connection between oral health and overall health

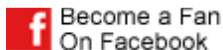
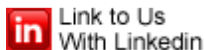
New this year: The Innovative Ideas Expo - a showcase of successful oral health projects and programs from across the state of Kansas!

And, be the first to get a sneak peek at the elements of the 2011-2013 State Oral Health Plan!



<http://oralhealthkansas.org/pdf/2010%20Reg%20Brochure.pdf>

If you have an idea, story or suggestion for a Oral Health Kansas Weekly Wednesday Update please send an email to jparnell@oralhealthkansas.org



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