

## Chic Spotlight: Smokefree Steps, LLC

Written by Sara Elliott

Monday, 03 February 2014 09:28 - Last Updated Monday, 03 February 2014 13:16

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### **Chic Spotlight: Smokefree Steps, LLC**

*We chat with a dental hygienist who made a new career out of helping smokers toss the habit for good. Read on to learn more.*



Sherri Warshaw, Founder of Smokefree Steps, LLC

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**Cincy Chic:** Tell us about your background and what you did before opening Smokefree Steps, LLC!

**Sherri Warshaw, founder of [Smokefree Steps, LLC](#) :** I grew up in Chicago and moved to Miami, Fla., after high school. I married and worked in the dental field. I've been a dental professional for more than 40 years. After moving to Cincinnati, I graduated from the University of Cincinnati's Dental Hygiene program in 1995 as the Raymond Walters Honors student of the year. After graduation, I taught clinical hygiene, practiced in a Periodontal specialty office and tutored students for their national boards. I did this while raising three children and caring for very ill parents in Florida that were both smokers.

**Cincy Chic:** What did you do prior to launching the business?

**Warshaw:** After 15 years of clinical hygiene I felt that my career needed to take a different direction. I searched for how I could use my decades of experience working with clients to make a difference in people's lives.

**Cincy Chic:** What inspired you to open Smokefree Steps?

**Warshaw:** I have lost almost my entire family to smoking-related diseases. Smoking is a major contributor to dental disease and I have worked with smokers my entire career. I found that there was a specific training that can be taken to become a Certified Tobacco Treatment Specialist. I spent two years acquiring the skills and became certified through the Mayo Clinic in Rochester, Minn.

My inspiration for opening my business is my own family. Smoking is the number one cause of preventable death in America. Helping smokers to stop is a life saver! I don't want other families to have to go through what I have had to in my life.

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**Cincy Chic:** What do you offer clients?

**Warshaw:** I love smokers! Not because they smoke but because I want to help them live longer and healthier. I offer an evidence based approach of counseling and nicotine replacement. Every client receives personalized attention. I can work in person or remotely. My fees are tailored to the needs of the client and I work with all ages, individuals, groups, businesses, schools and senior centers.

**Cincy Chic:** What makes your business unique?

**Warshaw:** I am constantly taking courses and attending webinars to increase my knowledge and skills. Smokefree Steps, LLC offers a unique approach to smoking cessation and a personalized program for every client.

**Cincy Chic:** Is there anything new on the horizon for Smokefree Steps?

**Warshaw:** This year I will focus on reaching out through events like Cincy Chic's Lady in Red <<http://www.eventbrite.com/e/lady-in-red-2014-tickets-9957401857?aff=eorg>> and many events promoting healthy lifestyles.

**Cincy Chic:** Where can readers go to learn more?

**Warshaw:** You can contact Smokefree Steps at [www.smokefreestepsllc.com](http://www.smokefreestepsllc.com) or email me at [sherriwarshaw@gmail.com](mailto:sherriwarshaw@gmail.com)

. You can also contact me by phone at 513-696-9759 seven days a week. Call when you are ready to stop and I will be there to guide you through the steps.