

May 19, 2009

News media calls to David Hass at (630) 682-7979, ext. 7374.

Are you ready to quit smoking? The DuPage County Health Department can help you

Have you thought about quitting smoking? Do you need a helping hand?

The DuPage County Health Department will help you. The health department, in cooperation with area hospitals, offers seven-week classes that help DuPage County residents quit smoking. These classes are offered throughout DuPage County so there is a quit smoking class available near you.

Upcoming classes with starting dates include:

- June 15, 6 p.m. to 7:30 p.m., Central DuPage Hospital (register by calling (630) 933-4CDH).
- June 16, 6 p.m. to 7:30 p.m., Hinsdale Hospital (register by calling (630) 856-7525).
- June 17, 6 p.m. to 7:30 p.m., Edward Hospital (register by calling (630) 527-6363).
- June 17, noon to 1 p.m., DuPage County Health Department in Addison (register by calling (630) 682-7400, ext. 7044).

Call (630) 682-7400 to reach a health educator to answer your questions about any of the classes.

The classes are free. They use proven and effective behavior modification. Information on nicotine replacement therapies (patches, gum, lozenges, etc.) and non-nicotine medications are provided. Take that important first step right now and call to talk with a health educator.

Everyone, Everywhere, Everyday

In an emergency go to www.protectdupage.org and tune to WDCB 90.9 FM radio.