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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 is here to help you. The health department offers six-week classes that help DuPage County residents quit smoking. These classes are offered through local hospitals so there is likely a quit smoking class available near you.

Call (630) 682-7979, ext. 7044 to talk with a trained health educator, who will answer your questions and place you in a class near your home.

More DuPage County communities are going smoke-free in their restaurants, bars and other public places. How about making a New Year's resolution right now to stop smoking?

The classes are free and use proven and effective behavior modification. Nicotine replacement therapies (patches, gum, etc.) are also now part of these classes.

Take that important first step right now and call to talk with a health educator.

*"We promote health, prevent illness, and provide quality service"*