

March 19, 2007

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 offers seven-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.

A seven-session class begins April 3 at the Good Samaritan Wellness Center, Downers Grove. Classes are scheduled throughout the year in other locations.

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.

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

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