

March 31, 2008  
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 throughout DuPage County so there is a quit smoking class available near you.

Upcoming classes include:

- April 9, noon to 1 p.m., North Public Health Center, 1111 West Lake St., Addison.
- April 10, 6 p.m. to 7:30 p.m., Central DuPage Hospital, 25 N. Winfield Road, Winfield.
- April 21, noon to 1 p.m., DuPage County Government Administration building, 421 N. County Farm Road, Wheaton
- April 22, 6 p.m. to 7:30 p.m., Good Samaritan Hospital, 3815 Highland Ave., Downers Grove.

Call (630) 682-7400 to reach a health educator to answer your questions and place you in a class near your home.

The classes are free. They use proven and effective behavior modification. Nicotine replacement therapies (patches, gum, lozenges, etc.) are also 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”*