



Public Health
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Champaign-Urbana Public Health District

FOR IMMEDIATE RELEASE

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Learn to Live Tobacco Free

The Champaign-Urbana Public Health District to hold Smoking Cessation Classes

CHAMPAIGN, IL— The Champaign-Urbana Public Health District (CUPHD) is gearing up for its Freedom From Smoking® program to kick off 2010 starting on January 5th. The eight-session program is available to anyone 18 years of age and older who lives in Champaign County.

This unique program is designed for those at any stage of the quitting process that need some additional support. The program enables people to gain the tools that they need to quit smoking, develop an individualized plan to quit, prepare for trigger situations, discuss cessation aids and options, and to celebrate success with others who have kicked the habit.

The cost of the program is only \$20.00 per person and the fee includes program materials and a four-week supply of Nicotine patches. Anyone who completes six of the eight sessions will receive a \$10.00 refund.

Each session will meet at 5:30 PM for one hour at CUPHD, 201 W. Kenyon Road in Champaign. The upcoming programs will begin on January 5, 12, 19, 26, and 28 and February 2, 9, 16, and 23. The program will be also held at various times throughout the year. Seating is limited and pre-registration is required.

The program is sponsored by CUPHD, the Champaign County Public Health Department, and the American Lung Association in conjunction with the Illinois Department of Public Health (IDPH) Tobacco Free Communities Grant.

For more information, visit www.c-uphd.org or to register, contact Theresa Truelove at 217-531-2922 or e-mail ttruelove@c-uphd.org.

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