



Public Health
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Champaign-Urbana Public Health District

FOR IMMEDIATE RELEASE

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Smoking Cessation Classes Give Additional Assistance in 2012

*Champaign-Urbana Public Health District Provides Tools to Help Reach Goals
in the New Year*

CHAMPAIGN, IL – For anyone who is interested in quitting smoking for the New Year, the Champaign-Urbana Public Health District (CUPHD) can provide additional assistance this year. CUPHD is extending opportunities to make quitting even more successful.

The annual Freedom From Smoking® program is scheduled to begin January 17, 2012. The eight-week program helps participants because they work together with other quitters to develop and execute their own individualized “Quit Plan”. This year’s program allows for double the amount of nicotine patches that participants have previously received. The program used to include a four-week supply of nicotine patches for participants, only half of what most people need to help them successfully quit. After that, participants were expected to purchase the remaining needed patches on their own; but now, the program provides the full eight weeks of patches. “Quitting smoking can be very difficult, and we want to support individuals in making these difficult behavioral changes so they can be successful,” said Nikki Hillier, Program Coordinator at CUPHD.

The eight-session program is available to anyone 18 years of age and older who lives in Champaign County. The cost is \$20.00 but anyone who completes six of the eight sessions will receive a \$10.00 refund.

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Freedom From Smoking® classes will be offered at CUPHD, 201 W. Kenyon Road in Champaign, on Tuesdays at 5:30 PM. The program will be held at various times throughout the year but seating is limited and pre-registration is required. Contact Nikki Hillier with questions or to register at nhillier@c-uphd.org or (217) 531-2914.

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