



Public Health
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Champaign-Urbana Public Health District

FOR IMMEDIATE RELEASE

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Overwhelming Response Demands Additional Smoking Cessation Classes

*Champaign-Urbana Public Health District Continues to Provide Tools to Help
Champaign County Residents Reach Goals in 2012*

CHAMPAIGN, IL – The Champaign-Urbana Public Health District (CUPHD) typically offers one Freedom From Smoking® class per year. There was such an overwhelming response this year, additional classes had to be planned. “We had so much interest at the beginning of the year that we went ahead and opened a second class. That class filled up and now, our waiting list is so long, we can open up another class; however, spots are still available,” said Nikki Hillier, Program Coordinator at CUPHD. The next class will start on March 27, 2012. For the first time in many years, a mid-year class is being offered.

“Being able to share with and support people who were going through the same thing I was really made the class work for me,” said Carletta Donaldson, a recent Freedom From Smoking® graduate.

“It’s a great deal, and a great opportunity. Planning ahead and getting support from others out of class was really helpful,” said Kenneth Coulter, another recent Freedom From Smoking® graduate.

For anyone who is interested in quitting smoking, the Champaign-Urbana Public Health District can provide even more assistance this year. CUPHD is extending opportunities to make quitting even more successful. 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

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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.

The eight-session program helps participants because they work together with other quitters to develop and execute their own individualized “Quit Plan”. The 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.

Freedom From Smoking® classes are offered at CUPHD, 201 W. Kenyon Road in Champaign, on Tuesdays at 5:00 PM. 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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