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**Champaign-Urbana Public Health District**

**FOR IMMEDIATE RELEASE**  
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## **University of Illinois and Champaign-Urbana Public Health District Partner to Offer Tobacco Cessation Program**

### ***UI Employees and Champaign County Residents Encouraged to Kick the Habit***

CHAMPAIGN, IL – The Champaign-Urbana Public Health District (CUPHD) typically offers one Freedom From Smoking® class per year, but thanks to a new partnership with the University of Illinois, this year will be different. “Although CUPHD completed a class in April, partnering with the University of Illinois will allow us a wonderful opportunity to offer a second class in 2014 for UI employees and community members to quit together,” said Talia Oakley, Health Educator.

Freedom From Smoking® is a seven-week program that allows participants to work together with other quitters to develop and execute their own individualized “Quit Plan.” “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.

“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 Freedom From Smoking® graduate.

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

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The eight-session program is available to Champaign County residents and University of Illinois employees age 18 and older. The cost is \$25.00 but anyone who completes six of the eight sessions will receive a refund.

The Freedom From Smoking® program will be offered on Thursday evenings at 5:15 pm beginning on September 11, 2014. Classes will be held in the UI Wellness Center at the Activities and Recreation Center (ARC), 201 E. Peabody Dr., Champaign. Seating is limited and pre-registration is required. To register, contact Kyle Curry at 217-265-9355 or [ui-wellness@illinois.edu](mailto:ui-wellness@illinois.edu).

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