



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

FOR IMMEDIATE RELEASE

February 13, 2013

Contact: Nikki Hillier, Program Coor.
(217) 531-2914 / nhillier@c-uphd.org
Jennifer Jackson, Health Educator II
(217) 531-2912 / jjackson@c-uphd.org
Amy Roberts, Public Relations
(217) 531-4264 / aroberts@c-uphd.org

Give the Gift of Yourself this Valentine's Day

Champaign-Urbana Public Health District to Sponsor Annual Freedom From Smoking® Program

CHAMPAIGN, IL – Make this Valentine's Day special – give the gift of yourself. The Champaign-Urbana Public Health District (CUPHD) will be sponsoring the annual Freedom From Smoking® program beginning February 19, 2013. According to the American Lung Association, smoking is the leading cause of preventable death.

The Freedom From Smoking® program is an eight-week program that helps participants by working 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. The fee includes program materials and an eight-week supply of nicotine patches for those who qualify.

"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.

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.

###