

St. Mary's County Health Department

NEWS RELEASE

www.smchd.org

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FOR IMMEDIATE RELEASE

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QUIT SMOKING THIS SPRING

Health Department offers classes and Quit Coaches for support

LEONARDTOWN, MD (March 27, 2008) – St. Mary's County Health Department is changing things up a bit this Spring by providing two options for help with quitting smoking. *Smoke Free for Life*, the health department's traditional smoking cessation program begins at Ridge Volunteer Rescue Squad, Saturday, April 5. The second option, personal Quit Coaches, is available for those who prefer one-on-one support and would rather tailor their smoking cessation effort to their own schedule. Each method offers the same support for quitting by teaching about the benefits of quitting, how to quit, stress management, and secondhand smoke. Both methods are available free of charge.

The Ridge program will consist of six weekly Saturday classes from 10 – 11 a.m. at the Rescue Squad building. Program participants will be eligible to receive coupons for free Nicoderm® patches. Pre-registration is required.

The one-on-one sessions will begin Monday, April 7. Participants will meet with a Quit Coach for 30 minutes each week for 12 weeks. Appointments will be scheduled to take place between the hours of 1 and 7 p.m. on Mondays. Program participants will be eligible to receive free Chantix® with a written prescription from their doctor.

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You must be at least 18 years old and a resident of St. Mary's County to attend these programs. For information and to register for either of these programs, call 301-475-4356.

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