



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 SUMMER Saturday smoking cessation program begins June 2

LEONARDTOWN, MD (May 10, 2007) – St. Mary's County Health Department will be holding a special summer session of its free 8-week smoking cessation program, Smoke Free for Life, beginning Saturday, June 2 from 10 – 11 a.m. at the Lexington Park Library.

Participants will get the latest information on the benefits of quitting, how to quit, stress management, and the dangers of secondhand smoke. Vouchers for free Nicoderm™ patches will be available to those attending classes.

The program will be held for eight consecutive Saturday mornings, and is open to St. Mary's County residents who are 18 years or older. Advanced registration is required. To register, please call 301-475-4356.

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