



St. Mary's County Health Department

NEWS RELEASE

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FOR IMMEDIATE RELEASE

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HEALTH DEPARTMENT URGES SMOKERS TO MAKE 2007 THE YEAR TO QUIT

LEONARDTOWN, MD (December 20, 2006) -- The New Year is just around the corner, and St. Mary's County Health Department is urging smokers in St. Mary's County to make 2007 the year they quit smoking for good.

This January, St. Mary's County Health Department is offering two identical 8-week smoking cessation programs - *Smoke Free for Life*. Classes start Tues., Jan. 2, and Wed., Jan. 17. Classes will be held once a week from 6-7 p.m. at the health department in Leonardtown. Pre-registration is required.

The programs are free and include information on the benefits of quitting, how to quit, stress management, and the dangers of secondhand smoke. Participants are eligible to receive vouchers for free Nicoderm™ patches.

You must be age 18 and over to attend. For more information or to register call the health department at 301-475-4356.

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