



## St. Mary's County Health Department

### NEWS RELEASE

[www.smchd.org](http://www.smchd.org)

William B. Icenhower, MD, MPH, Health Officer  
21580 Peabody Street,  
Leonardtown, MD 20650

**Contact:** Leslie Payne,  
Public Information Officer

**FOR IMMEDIATE RELEASE**

**Telephone:** 301-475-4318

**Fax:** 301-475-4350

**E-mail:** [paynel@smhd.com](mailto:paynel@smhd.com)

### QUIT SMOKING THIS SUMMER

*Health department adds additional FREE 8-week program for summer*

LEONARDTOWN, MD (May 10, 2005) – St. Mary's County Health Department and St. Mary's Hospital will be holding a free 8-week smoking cessation program, Smoke Free for Life, beginning Thursday, June 1, from 6 – 7 p.m. at the health department in Leonardtown.

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 program participants.

The program will be held for eight consecutive Thursday evenings, 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.

###