



## St. Mary's County Health Department

### NEWS RELEASE

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

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**FOR IMMEDIATE RELEASE**

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#### **QUIT SMOKING THIS FALL**

#### **Health department will be host for free 8-week program**

LEONARDTOWN, MD (September 15, 2006) – St. Mary's County Health Department will be holding a free 8-week smoking cessation program, Smoke Free for Life, beginning Monday, Oct. 16 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 those attending classes.

The program will be held for eight consecutive Monday 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.

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