



WILL COUNTY HEALTH DEPARTMENT & COMMUNITY HEALTH CENTER

For Immediate Release

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News media calls to Vic Reato: Media Services Manager at (815)727-5088.

Agency Website: www.willcountyhealth.org

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RESOURCES AVAILABLE FOR SMOKERS TAKING PART IN THE NOVEMBER 19TH GREAT AMERICAN SMOKE-OUT

JOLIET – On Thursday, November 19th smokers are encouraged to take part in the American Cancer Society's Great American Smoke-out by smoking less or quitting for at least one day. With the variety of medications, nicotine replacements, and community and web-based quit smoking programs available, there has never been a better time to quit smoking. If you are thinking about quitting, here are some resources available to help.

The Will County Health Department offers quit smoking programs throughout the county. Not only do these programs provide continual group support, but they also help smokers to recognize stressors and to develop and learn skills in order to manage stress, control weight, and fight smoking urges. The special quit smoking programs also offer the option to receive either the nicotine patch or the nicotine lozenge free of charge. The cost of the program is \$20 per person, which covers program materials.

Quit smoking programs are available at these convenient locations:

Provena Saint Joseph Medical Center, Joliet	Classes begin January 26
Crete Public Library, Crete	Classes begin February 22
Silver Cross Hospital, Joliet	Classes begin March 20
Adventist Bolingbrook Hospital, Bolingbrook	Classes begin April 27

For more information or to register for a quit smoking program, call the Will County Health Department at (815) 727-8769 or visit www.willcountyhealth.org.

If a quit smoking program is not for you, try calling the Illinois Tobacco Quitline. This free service allows individuals to speak confidentially to a registered nurse, respiratory therapist, or addiction specialist about quitting tobacco use. The Quitline is available Monday through Friday 7:00 a.m. to 9:00 p.m. in more than 150 languages. Call the Illinois Tobacco Quitline at 1-866-QUIT-YES or 1-866-784-8937.

For further information about quitting tobacco use, contact the Will County Health Department at (815)727-8769.



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Prevent. Promote. Protect.

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