



WILL COUNTY HEALTH DEPARTMENT  
&  
COMMUNITY HEALTH CENTER

## For Immediate Release

January 14, 2010

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

Agency Website: [www.willcountyhealth.org](http://www.willcountyhealth.org)

Twitter: WillCoHealth

## QUIT SMOKING PROGRAM SCHEDULED IN CRETE FEBRUARY 22, 2010

**JOLIET** – The Will County Health Department's Tobacco Control & Prevention initiative is offering the Freedom From Smoking program beginning **Monday, February 22** at Crete Public Library (1177 North Main St., Crete).

Based on the latest research on addiction and behavioral change, the newly up-dated quit smoking program addresses many of the difficulties of quitting and provides the education and support to ensure that remaining smoke-free will become a permanent lifestyle choice. Quit smoking program participants have the option of receiving either the nicotine patch or the nicotine lozenge free of charge. The program meets every Monday for seven weeks from 6:30-8 p.m. Space is limited and registration is required to attend. The cost of the quit smoking program is \$20 per person, which covers program materials. For more information or to register, visit [www.willcountyhealth.org](http://www.willcountyhealth.org), or call 815-727-8769.

Freedom From Smoking uses a positive behavioral change approach, which teaches participants how to become a nonsmoker for good. Participants receive special attention to help develop their own quitting plan. They also learn how to handle withdrawal symptoms, control weight, manage stress through relaxation techniques, and fight those smoking urges. For many smokers, especially those who have tried to quit, group support can make the difference in helping to stay smoke-free.



**Public Health**  
Prevent. Promote. Protect.

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