



WILL COUNTY HEALTH DEPARTMENT  
&  
COMMUNITY HEALTH CENTER

## For Immediate Release

July 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 LOCKPORT: AUGUST 31, 2010

**JOLIET** –The Will County Health Department's Tobacco Control & Prevention initiative is offering the Freedom From Smoking program beginning **Tuesday, August 31** at Lockport Township Park District (2021 S. Lawrence Ave., Lockport).

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.

Program participants will meet every Tuesday for seven weeks from 6-7:30 p.m. Participants have the option of receiving either the nicotine patch or the nicotine lozenge for free. The cost of the quit smoking program is \$20 per person, which covers program materials.

Space is limited and registration is required to attend. For more information or to register, visit [www.willcountyhealth.org](http://www.willcountyhealth.org), or phone 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.

*Main Office*  
501 Ella Avenue  
Joliet, IL 60433  
Ph 815.727.8480  
Fx 815.727.8484

*Community Health Center*  
1106 Neal Avenue  
Joliet, IL 60433  
Ph 815.727.8670  
Fx 815.727.8852

*Eastern Branch Office*  
44 Towncenter  
University Park, IL 60466  
Ph 815.727.8803  
Ph 708.534.0800  
Fx 708.534.3455

*Northern Branch Office*  
323 Quadrangle Dr.  
Bolingbrook, IL 60440  
Ph 630.679.7000  
Fx 630.679.7015