



WILL COUNTY HEALTH DEPARTMENT
&
COMMUNITY HEALTH CENTER

For Immediate Release

December 20, 2010

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

Agency Website: www.willcountyhealth.org

Twitter: WillCoHealth

HEALTH DEPARTMENT OFFERS QUIT SMOKING PROGRAM, NICOTINE REPLACEMENT THERAPY

JOLIET — The Will County Health Department will be offering the highly effective Freedom From Smoking Program, beginning Wednesday, January 12, at Provena Saint Joseph Medical Center (333 N. Madison Street, Joliet). The program will meet each Wednesday for seven weeks from 6-7:30 p.m.

Since 2009, Will County Tobacco Control and Prevention has been offering nicotine replacement therapy in conjunction with the Freedom From Smoking program. According to the American Lung Association, people who complete the program are six times more likely to be smoke-free one year later than those who quit on their own.

Program participants receive continual group support and develop skills that help to manage stress, control weight, and fight smoking urges. Participants have the option of receiving a six-week supply of the nicotine patch or nicotine lozenge free of charge.

Registration is required. A \$25 registration fee covers the cost of program materials.

To register, or for more information, telephone 815-727-8769. You may also register by visiting the Tobacco Control and Prevention page at www.willcountyhealth.org.

This project was made possible by funds received from the Illinois Department of Public Health.



Public Health
Prevent. Promote. Protect.

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