

FOR IMMEDIATE RELEASE (03-15-10)

## **Smoking Cessation Classes Offered at Health Department**

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HUNTINGTON, WV. Do you want to quit smoking or using tobacco products? If so, the Cabell-Huntington Health Department will be offering **FREE** smoking cessation classes at the health department on Monday, March 22<sup>nd</sup> at 5:30-8:30 PM in the second floor conference room. The health department is located on 703 7<sup>th</sup> Avenue, Huntington, WV. The goal of the classes is to help participants feel more prepared and confident about quitting smoking and other tobacco products. Quitting smoking and other tobacco products is not an easy process which is why your local health department is here to help you through this difficult challenge. Did you know that cigarette smoke contains **4,000 chemicals** (401 of them are toxic, 43 of them are known to cause cancer)?

This class will help participants identify the aspects of quitting smoking and present tools to help with quitting while helping participants design a quit plan that works best for them.

At the end of the class participants will:

- Increase their understanding of tobacco dependence, learn why quitting is challenging, and learn about overcoming these challenges
- Understand the physical, mental, emotional, and biological effects of tobacco use
- Increase their confidence about quitting
- Understand the benefits, limitations, and proper use of cessation medications
- Learn about the tools they need to quit
- Create a realistic quit plan
- Feel more prepared and confident about quitting

Sign-up today by calling Janie at the health department at (304) 523-6483 x 264. For more information regarding smoking log onto [www.cabellhealth.org](http://www.cabellhealth.org).

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