



NEWS RELEASE

St. Charles County Government

Department of Community Health and the Environment

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Be a Quitter in 2009

Health department offers Freedom From Smoking classes

St. Charles County, Missouri – Every year, thousands of smokers across the U.S. try to kick the habit as part of their New Year's resolutions. However, many of them fail, for many reasons. If you're a smoker who is determined to quit once and for all in 2009, the St. Charles County Department of Community Health and the Environment can help.

Freedom From Smoking (FFS) is a seven-session program that provides participants with the tools, techniques, and support that are essential to quitting smoking successfully. Smoking is a learned behavior. FFS takes a step-by-step approach to unlearn the automatic, addictive behavior of smoking and teaches people how to quit and stay quit.

"The decision to stop smoking is one of the most important things a person can do to improve their health," said Hollie Milam, health educator for the Department of Community Health and the Environment. "We're here to help you learn about your habit by offering a positive behavior change approach to assist a group of smokers through the quitting process."

FFS classes begin on Monday, Jan. 26. The registration deadline is Friday, Jan. 23. Classes are free for WIC program participants. To register, or for more details, call (636) 949-7413.

The St. Charles County Department of Community Health and the Environment is committed to the protection and enhancement of health and the quality of life for all members of our community. For more information, call (636) 949-7400 or visit www.scchealth.org.

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