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News Release

*For Immediate Release*

### **Free smoking cessation classes offered to Springfield residents**

Forty-two million American adults and about 3 million middle and high school students smoke, according to the latest data from the U.S. Surgeon General's Office. Smoking also remains the single largest cause of preventable disease and death in the United States.

To kick the habit for good, the Springfield-Greene County Health Department, in partnership with the Health Living Alliance, is offering a free program on smoking cessation.

The program is also open to residents outside of Springfield, but a one-time fee would apply.

Freedom From Smoking is an American Lung Association program that provides a personalized path to a smoke-free life. Participants will experience a small group setting with a fun, interactive learning environment.

Topics will include:

- Medicines that can help you stop smoking
- Lifestyle changes that make quitting easier
- Preparing for Quit Day
- Managing stress
- Avoiding weight gain
- Developing a new self-image
- Staying smoke-free for good.

Meetings start April 1 and will be from 5:30 p.m. to 6:30 p.m. in the basement meeting room of the Midtown Carnegie Branch Library. Meeting dates are April 1, 8, 15, 22, 24, 29 and May 6 and 13.

The Midtown library is located at 397 E. Central St.

For more information or to register for the event, contact Rinda Dunn at (417) 864-1498. There is no cut-off date to register.

For more information contact: Kathryn Wall, Public Health Information Administrator, Springfield-Greene County Health Department, (417) 874-1205