



McHenry County Department of Health

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FOR IMMEDIATE RELEASE

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Start the New Year out right!

Quit smoking classes start Jan 5

WOODSTOCK IL – Space is still available for a quit smoking class beginning on January 5th, sponsored by McHenry County Department of Health (MCDH) and Centegra Health System. The 7-week class will teach practical ways to end nicotine addiction through group support and behavior modification. It will also review nicotine replacement products that are currently on the market. Instruction is provided by MCDH staff that is trained in the American Lung Association’s “Freedom from Smoking” program.

Classes will be held at Centegra Health Bridge Fitness Center in Crystal Lake, located at 200 Congress Parkway, on Wednesdays, from 6pm-7:30pm. A \$25 course fee, payable at the first class, is refundable if all seven sessions are attended. Class members will also receive a free 3-day pass to the Health Bridge Fitness Center.

For more information, and to register, call 1-877-CENTEGRA, or visit www.mcdh.info.

To speak with a counselor immediately, call the Illinois Tobacco Quitline at 1-866-QUIT-YES.

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“Working to prevent disease and promote health and safety for all people of McHenry County since 1966.”