



McHenry County Department of Health
2200 N. Seminary Avenue, Woodstock IL 60098
Phone 815-334-4510 Fax 815-334-4635
www.mcdh.info
www.twitter.com/mchenrycohealth
www.facebook.com

FOR IMMEDIATE RELEASE
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Contact: Joseph Gugle
815-334-4510

Start planning now to be smoke-free for the holidays

Quit smoking classes offered Nov 2 – Dec 14

WOODSTOCK IL – McHenry County Department of Health (MCDH) will offer the American Lung Association’s “Freedom from Smoking” program, a 7-week quit smoking class for adults. The program begins on Tuesday, November 2, from 5:30pm-6:30pm at its Crystal Lake office (100 N Virginia Street). The \$25 enrollment fee is refundable if all sessions are attended. Call 815-334-4931 to register.

Lung cancer is the leading cause of cancer death in the United States for both men and women. More than 70% of smokers want to quit and attempt to do so each year, but without help, most fail. Smoking cessation counseling and medicines are proven to help and improve quit rates. MCDH classes give participants the assistance and tools needed to stop smoking in a supportive group setting. The program will discuss your readiness to quit, nicotine replacement products, behavior modification, coping strategies, stress and weight management, and how to stay smoke-free for good.

For more information, 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.”