



FOR IMMEDIATE RELEASE
April 13, 2005

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Smokers Hoping to Kick the Habit Have Lots of Options

For the First Time Ever, Freedom From Smoking Is Offered During the Day

“We’ve always offered classes in the evening and have quickly filled the classes. We’ve had requests for daytime classes and thought we would try it and see if we got the same response. This way we can serve the people who work in the evenings, too.” - Nikki Hillier, program facilitator

Champaign, IL – The Champaign-Urbana Public Health District, the Champaign County Public Health Department and Carle Foundation Hospital are offering three new Freedom From Smoking programs this spring, one of which will be offered during the day. Public Health and Carle have collaborated to bring more than a dozen Freedom From Smoking classes to the community, but have never before offered the program the during the day.

The seven-session class costs only \$10, which includes all program materials and four weeks of nicotine patches. Those who enroll in Freedom from Smoking have a higher chance of success than those who try to quit on their own – with or without nicotine patches.

Participants don’t just talk about quitting, they actually do so in week three of the program. They meet again four more times to support one another in the transition to a smoke-free life.

This program is a creation of the American Lung Association. It is funded in part by the Illinois Department of Public Health Tobacco Free Communities program. It is supported

by the Champaign County Public Health Department, making it available to anyone living in Champaign County.

- **Session 1** begins Tuesday, April 26 and runs through Tuesday, May 31. The class meets from 7-8 p.m.
- **Session 2** begins Wednesday, April 27 and runs through Wednesday, June 1. The class meets from 12:30 -1:30 p.m.
- **Session 3** begins Tuesday, May 17 and runs through Tuesday, June 21. The class meets from 5:30 – 6:30 p.m.

(NOTE: There is an extra class in the third week of the program, the week attendees kick the habit.)

Most sessions will be at the Carle Forum, Lauhoff Conference Room, 611 W. Park, Urbana. Seating is limited and pre-registration is required. Participants must attend all sessions. Please call (217) 531-2914 for more information.

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Attention Champaign County Residents:



FREEDOM FROM SMOKING®

From the American Lung Association

This unique seven-week program runs various sessions throughout the year. All sessions are held at The Carle Forum, Lauhoff Conference Room, 611 W. Park, Urbana

The cost is \$10.00 per person. Fee includes materials and four weeks of nicotine patches.

***Class times will be:**

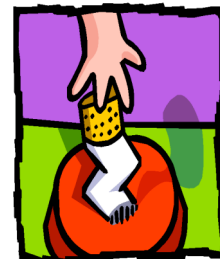
7:00—8:00p.m. for session 1

12:30-1:30pm for session 2

5:30—6:30 p.m. for session 3

The class dates for our Spring 2005 sessions are:

Session 1	Session 2	Session 3
4/26	4/27	5/17
5/3	5/4	5/24
5/10	5/11	5/31
5/12	5/13	6/2
5/17	5/18	6/7
5/24	5/25	6/14
5/31	6/1	6/21



For more information or to register, call Nikki at 531-2914 or Kerri at 531-2912. Seating is limited. Pre-registration required.

*****This program is available for Champaign County Residents only*****



Sponsored by:
Carle Foundation Hospital
Champaign County Public Health Department
Champaign-Urbana Public Health District.



Funded in whole or in part by the Illinois Department of Public Health
Tobacco Free Communities Grant.