

COUNTY OF SUFFOLK

KATE BROWNING
County Legislator, 3rd District
Public Safety Committee, Chair



1120 Montauk Hwy., Suite G
Mastic, NY 11950
Fax: (631) 852-1303

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COUNTY LEGISLATURE

Contact: Joshua Slaughter
631-852-1300
631-456-1718

“LEARN TO BE...TOBACCO FREE” Program Coming to Shirley

Browning Urges Residents to Take Advantage of FREE Smoking Cessation Classes

Shirley, NY – Today, Legislator Kate Browning (WF-Shirley) announced the availability of free smoking cessation classes for local residents trying to kick the habit of smoking. The classes will be held at Mastic-Moriches-Shirley Library at 301 William Floyd Parkway in Shirley.

“Smoking is a dangerous habit and can lead to many negative health impacts, even death,” stated Legislator Browning. “Learn to Be Tobacco Free is a great program that any smoker seeking to quit should take advantage of. It’s never too late to live a healthier lifestyle.”

Interested smokers need to register for the program and classes start on Thursday, August 29, 2013. All classes start at 6:15pm. The schedule is as follows:

<u>CLASS 1</u>	8/29	PROGRAM OVERVIEW
<u>CLASS 2</u>	9/5	TOBACCO ADDITIVES
<u>CLASS 3</u>	9/12	PAM LAFFIN VIDEO
<u>CLASS 4</u>	9/19	THE PHYSICAL, PSYCHOLOGICAL & HABIT
<u>CLASS 5</u>	9/26	CREATING SUPPORT SYSTEMS
<u>CLASS 6</u>	10/3	RELAPSE PREVENTION
<u>CLASS 7</u>	10/31	REUNION CLASS

To register for classes, interested smokers can call 399-1511 x 240. You may also call Janis Hurley, Public Health Educator at 853-3187. Residents can also get information online at WWW.SUFFOLKCOUNTYNY.GOV/HEALTH. Smoking cessation medications will be available for a nominal fee.

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