

# COUNTY OF SUFFOLK



**KATE BROWNING**  
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Public Safety Committee, Chair

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**COUNTY LEGISLATURE**

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## **“LEARN TO BE...TOBACCO FREE” Program Coming to Brookhaven Memorial Hospital**

*Browning Urges Residents to Take Advantage of FREE Smoking Cessation Classes*

**Mastic, 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 Brookhaven Memorial Hospital’s facility across the street at 100 Hospital Road, East Patchogue in Room 212.

“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 Monday, January, 27 2014. All classes start at 6:00pm. The schedule is as follows:

<u>CLASS 1</u>	1/27	PROGRAM OVERVIEW
<u>CLASS 2</u>	2/3	TOBACCO ADDITIVES
<u>CLASS 3</u>	2/10	PAM LAFFIN VIDEO
<u>CLASS 4</u>	2/24	MAKING A QUIT PLAN
<u>CLASS 5</u>	3/3	CREATING SUPPORT SYSTEMS
<u>CLASS 6</u>	3/10	RELAPSE PREVENTION
<u>CLASS 7</u>	3/31	REUNION CLASS

To register for classes, interested smokers can call 654-7778. You may also call Janis Hurley, Public Health Educator at 853-3187. Residents can also get information online at [WWW.SUFFOLKCOUNTYNY.GOV/HEALTH](http://WWW.SUFFOLKCOUNTYNY.GOV/HEALTH). Smoking cessation medications will be available for a nominal fee.

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