

The logo of the Village of Hoffman Estates is visible in the top left corner. It features a circular seal with the text "VILLAGE OF HOFFMAN ESTATES" around the perimeter and a large letter "H" in the center. The seal is partially obscured by the main title.

# Hoffman Estates Press Release

## **Resolve to quit smoking in 2008**

This month, the statewide smoking ban became effective. Tired of having to go outside for a smoke? This is a great time to consider quitting. As you probably know, smoking cessation has substantial and immediate health benefits for men and women. Smokers who use effective aids, such as clinician assistance, pharmacotherapy approved by the FDA and behavioral counseling, can increase their likelihood of quitting permanently.

Health and Human Services partners with St. Alexius Medical Center to provide residents with counseling through our smoking cessation classes. Classes are six weeks, and meet at the Village Hall. The next class begins Wednesday, Jan. 16. Cost is \$50 per family (family members are encouraged to quit together). All materials are included in the price. Call St. Alexius at 866-253-9426 to register for the class.

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Original release date: Jan. 4, 2008