

FOR IMMEDIATE RELEASE

**Quit Smoking Group Ready to
Help You Kick the Habit**

Six Free Weekly Sessions Begin October 18

Tuesday, October 5, 2010, Peterborough

The Peterborough County-City Health Unit is offering a free Quit Smoking Group to help local residents who want to live smoke-free.

The group will run for six weeks every Monday night from 6:30 to 8:00 p.m. starting October 18 until November 22 at the Peterborough Public Library.

Led by a public health nurse who is specially-trained in smoking cessation, each session provides group support in a welcoming environment where participants will:

- Develop a personalized quit plan
- Discover how to live without tobacco
- Learn about nicotine replacement therapy and if it's right for them, and
- Overcome obstacles that make them want to smoke

Registration is limited to 15 participants and space is limited, so participants are encouraged to sign up early by calling the Health Unit at (705) 743-1000, ext. 330.

For more information about the Quit Smoking Group and other cessation services offered by the Health Unit, please visit www.pcchu.ca and click on *Choose to be...Smoke Free*.

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For further information, please contact:

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