

Communications Office
Peterborough County-City Health Unit
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www.pcchu.ca



FOR IMMEDIATE RELEASE

Quit Smoking Group Ready to Help You Kick the Habit

Six Free Weekly Sessions Begin January 10

Tuesday, November 30, 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 January 10, 2011 until February 14, 2011 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, 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*. Please note that individual intensive cessation counselling will no longer be offered at the Health Unit after January 1, 2011.

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For further information, please contact:

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