

NEWS RELEASE

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For immediate release

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Tobacco Cessation Class Begins June 4th

McCook – Southwest Nebraska Public Health Department announces the start of an eight session tobacco cessation class to begin on Monday, June 4th. The first session is held at no cost. A \$25 registration fee is required for the seven remaining sessions. Classes will be held from 6:30-8:00 p.m. at the McCook Housing Agency meeting room located at 502 Missouri Avenue Circle.

“Anyone that is ready to quit tobacco use and attends this class is six times more likely to be tobacco free one year later than those that quit on their own,” shared Denise Ringenberg, Health Educator at Southwest Nebraska Public Health Department. “This class will help smokers and chewers address the physical, mental and social needs of their addiction.”

Sessions are scheduled for: June 11, 18, 25 (quit day), 28, July 2, 9 and 16. To register email educate@swhealth.ne.gov , call 308-345-4223 or visit us at 404 West 10th Street – one block north of Arby’s.

SWNPHD is also on Facebook and Twitter. The health department serves Chase, Dundy, Hayes, Hitchcock, Frontier, Furnas, Perkins and Red Willow counties.

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