



HEALTH INFORMATION FOR HEALTH CARE PROVIDERS

For more information, contact:

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FREE SMOKING CESSATION CLASSES OFFERED FOR COUNTY RESIDENTS

(Adrian, MI) Is it your New Year's resolution to quit smoking in 2020? The Lenawee County Health Department would like to help you by offering **free** smoking cessation classes.

This 7 week-long program, which begins January 7th and is held every Tuesday evening until February 18th follows the American Lung Association's *Freedom from Smoking* coursework, and gives participants the time and resources to prepare to quit smoking before Quit Day during week 4 of the program.

The classes will be held at the Human Services Building, 1040 S. Winter St., Adrian, from 6-8 pm at the health department.

The health department is offering these classes **free of charge**, however, space is limited to the first 15 registrants.

Smoking is still the number one preventable cause of death in the nation and our county. Last year, 147 Lenawee County residents died of smoking related causes.

To register or for more information, please contact Becky Selenko at rebecca.selenko@lenawee.mi.us or (517) 264-5253.

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