

# NEWS RELEASE

FOR IMMEDIATE RELEASE

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## **GET A GREAT START TO 2013: QUIT SMOKING** *Bothwell offers smoking cessation class beginning in Jan. 28*

SEDALIA, MO – Smokers interested in kicking their habit in 2013 can find the tools they need to be successful through Bothwell Regional Health Center's "Freedom from Smoking" class.

The class, which follows American Lung Association curriculum, is an eight-session behavior modification program. The class will begin on Jan. 28, and meets weekly from 6 to 7 p.m. on Monday evenings for seven weeks in the Bothwell Education Center, 14<sup>th</sup> and Ingram. The class costs \$45.

Quitting smoking is a process, not a single event. That's why participants attend three sessions before "Quit Day." For added support, the group meets twice during the week participants quit smoking.

"Anyone can quit smoking," said Sarah Nail, Bothwell community outreach coordinator. "It's staying quit that's the hard part. This class is designed to give folks the support and strategies they need to stay smoke-free."

"Freedom from Smoking" uses an addiction based model and behavior change principles. The U.S. Public Health Service cessation guidelines suggest that smokers who want to quit should use FDA-approved cessation medications in conjunction with individual or group counseling.

For more information, visit [www.brhc.org](http://www.brhc.org). Contact Sarah Nail at (660) 827-9138 or e-mail [classes@brhc.org](mailto:classes@brhc.org) to register for the class.

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Bothwell Regional Health Center is a 140-bed regional health center serving west-central Missouri with state-of-the-art technology and comprehensive health and wellness services including surgical, cancer, orthopedic, cardiovascular, women's health, and therapy services. For more information on Bothwell Regional Health Center and its services, visit the Web site at [www.brhc.org](http://www.brhc.org).