

# NEWS RELEASE

FOR IMMEDIATE RELEASE

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## **GET HELP TO QUIT SMOKING FOR GOOD** ***Scholarships available for Bothwell's Freedom from Smoking Class***

SEDALIA, MO – Smokers interested in kicking their habit 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 June 3, 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.

For the first time, scholarships are available. An anonymous donor has agreed to provide scholarships for the class. Those interested can return a completed scholarship application for consideration. Applications are available online at brhc.org, or at the Bothwell Education Center. The deadline to apply is May 22.

"We are fortunate that an individual in our community is willing to make an investment in order to help others quit smoking," said Sarah Nail, Bothwell community outreach coordinator.

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. The class is designed to give participants 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).