

# NEWS RELEASE

FOR IMMEDIATE RELEASE

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## TIME TO QUIT? ENROLL FOR BOTHWELL'S SMOKING CESSATION CLASSES

SEDALIA – Smokers interested in kicking the habit can find the tools they need to be successful through Bothwell Regional Health Center's "Freedom from Smoking" classes, which begin September 9.

The class, which follows American Lung Association curriculum, is an eight-session behavior modification program. It meets 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, and scholarships are available. Scholarship applications and class registrations are available online at [brhc.org](http://brhc.org), or at the Bothwell Education Center, 600 East 14<sup>th</sup>. The deadline to apply is August 26.

Quitting smoking is a process, not a single event. 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). Call (660) 829-8855 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).