

The latest news from...



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For additional information:

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Bothwell to Hold Freedom from Smoking Program

Improve your health and be smoke-free in seven short weeks. Bothwell Regional Health Center is offering a new session of the American Lung Association's Freedom From Smoking program. The seven-week class begins Sept. 9 in the Bothwell Education Center and will be held from noon to 2 p.m. each Wednesday with an additional class on Friday, October 2.

Participants will learn techniques to overcome tobacco addiction. The program will be facilitated by a certified instructor and will feature a small group, interactive learning environment. Participants will receive a workbook and a CD on relaxation techniques. Cost for the program is \$30.

Classes dates are Sept. 9, 16, 23 and 30 and Oct. 2, 7, 14 and 21. Register for the class by contacting Carol Tieman, RN, MSN, at (660) 827-9138 or via e-mail at ctieman@brhc.org.

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Bothwell Regional Health Center is a 180-bed regional health center serving west-central Missouri with state-of-the-art technology and comprehensive health and wellness services, including women's health, cancer care and orthopedic care. Bothwell Regional Health Center serves more than 63,000 patients each year from Pettis, Benton, Morgan, Henry and Johnson Counties and is fully accredited by The Joint Commission. More information on Bothwell Regional Health Center and its services is available on its website at www.brhc.org.