



Cerro Gordo County
Department of Public Health

MEDIA RELEASE

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Contact: Kara Ruge, Marketing & Public Information Officer, 641-421-9333

Health Department Offers Freedom From Smoking Clinics

(Mason City, Iowa) – Tobacco Free North Iowa will be offering *Freedom From Smoking* clinics starting Tuesday, October 4th and running every Tuesday through November 15th, which is right before the Great American Smoke Out.

The *Freedom From Smoking* clinics include eight sessions, and feature a step-by-step plan for quitting smoking. Each session is designed to help smokers gain control over their habit, and work toward an official quit date. Studies have shown that *Freedom From Smoking* participants are six times more likely to be smoke free one year later than those who quit on their own.

The cost of the clinics is FREE for individuals thanks to the Tobacco Free North Iowa organization. Tobacco Free North Iowa is comprised of: Cerro Gordo County Department of Public Health, Prairie Ridge Integrated Behavioral Services, and Mercy Medical Center North Iowa. Active participants may also be eligible for free nicotine replacement therapy.

For more information regarding *Freedom From Smoking* or to register for the upcoming session, please call Penny McCaslin at the Cerro Gordo County Department of Public Health at (641) 421-9329 or visit our web site at www.cghealth.com.

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Cerro Gordo County Department of Public Health • 22 N. Georgia Ave. Suite 300

Mason City, IA 50401 • (641) 421-9300 or Toll Free: 1-888-264-2581

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Web site: www.cghealth.com