



Cerro Gordo County
Department of Public Health

MEDIA RELEASE

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Health Department Offers Freedom From Smoking Clinics

(Mason City, Iowa) – Tobacco Free North Iowa will be offering *Freedom From Smoking* clinics starting Tuesday, July 12th and running every Tuesday through August 23rd. Clinics will be held at 10 AM at Mercy Medical Center North Iowa West Campus.

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.

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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