



**Public Health**  
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Frederick County Health Department

# *News Release*

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**FOR IMMEDIATE RELEASE:**

**NOVEMBER 13, 2015**

## **HEALTH DEPARTMENT OFFERS FREE CESSATION SERVICES IN SUPPORT OF THE GREAT AMERICAN SMOKEOUT**

**FREDERICK, MD** – Thursday, November 19, 2015 is the Great American SmokeOut - providing Frederick County residents who need help quitting tobacco the perfect opportunity to make the decision to enroll in the Frederick County Health Department's FREE tobacco cessation services.

This free program offers tobacco users the opportunity to attend group cessation classes or meet one-on-one with a cessation specialist. Not ready to quit cold turkey? Residents who are 18 years and older may be eligible for FREE nicotine replacement therapy (NRT) such as patches, gum, and lozenges.

Individuals who receive support during their "quit attempt" are more successful at quitting. You can quit and we can help. In addition to the free services provided by the Frederick County Health Department, residents who want to quit can register for free classes at Frederick Memorial Hospital by calling 240.566.3622 or use the Maryland Tobacco Quitline 24 hours a day, 7 days a

**--more--**

Barbara A. Brookmyer, M.D., M.P.H. ▪ Health Officer

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week by calling 1.800.Quit.Now or visiting [www.smokingstopshere.com](http://www.smokingstopshere.com). All cessation services are available free of charge.

To learn more about the free tobacco cessation services available in Frederick County find and follow Tobacco Free Frederick on [Facebook](#) and [Twitter](#) or call 301.600.1755.

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