

**PRESS RELEASE FROM
LEGISLATOR SARAH ANKER**

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Contact: Pamela Donovan
Office: 631-854-1600
Email: pamela.donovan@suffolkcountyny.gov

Legislator Sarah Anker Announces Six-Week Smoking Cessation Program



Coram, NY - Legislator Sarah Anker announces a six-week smoking cessation program entitled, *Learn to Be...Tobacco Free*. Sponsored by the Suffolk County Department of Health, the program provides stress management techniques, behavior modification, and relaxation techniques to help people break their addiction to nicotine.

Suffolk County's smoking cessation program provides supportive pharmaceuticals to medically eligible participants. All cessation groups and programs are supervised by a nurse practitioner and services are provided to residents at no cost. Program participants also receive personalized follow-up.

The program, which is open to all residents of Suffolk County, will run each Thursday for six consecutive weeks beginning August 30 at 6:00 p.m. at the Elsie Owens Health Center in Coram.

To register, contact Debora at the Suffolk County Department of Health Services at (631) 853-2928.