

NEWS FROM Legislator

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Learn to be... Tobacco Free Free Smoking Cessation Classes Set to Begin Across Suffolk County

(HUNTINGTON STATION, NY... August 24, 2015) – Suffolk Legislator Lou D'Amaro (D-Huntington Station), Suffolk County Executive Steve Bellone and Health Commissioner James Tomarken, MD, encourage residents who use tobacco to seek help in breaking their tobacco addiction and to sign up for Suffolk County's "Learn to Be ...Tobacco Free" program, being held in locations throughout Suffolk County this Fall.

"We are promoting good health to all residents in Suffolk County," said County Executive Bellone. "For those who are addicted to tobacco, the first step toward good health is to get the support they need to prevent illnesses that are caused by tobacco."

"This program works," said Dr. Tomarken. "Recent studies have shown that smokers who try to quit smoking using a combination of behavioral support and medicine or nicotine replacement products are three times more likely to be successful than those who try to stop smoking without support."

The classes are free to Suffolk County residents, though there is a nominal fee for medication for medically eligible participants. Western Suffolk locations are as follow:

(more)

West Babylon Public Library, 211 Route 109, West Babylon

Tuesdays from 6 pm – 7 pm, September 15, 22, 29 and October 6, 13, 20, 2015

Reunion: November 10, 2015. Contact: (516) 669-5445

Smithtown Public Library Main Branch, 1 North Country Road, Smithtown

Mondays from 6 pm – 7 pm, September 21, 28 and October 5, 19, 26, 2015

Reunion: November 23, 2015. Contact: (516) 360-2480, extension 235

For more information on the program or other locations, call (631) 853-4017.

“Residents who are trying to stop smoking will find that these cessation clinics will provide them with important tools they need to lead the healthy smoke-free lifestyle they desire,” said Legislator D’Amaro. “I encourage interested residents to take advantage of this free and effective program.”

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Suffolk County Legislator Lou D’Amaro represents the 17th Legislative District, which includes parts of Huntington, Huntington Station, South Huntington, Melville, West Hills, Cold Spring Hills, Dix Hills, Deer Park, North Babylon and West Babylon. He is chairman of the Budget & Finance committee and a member of the Education & Information Technology and Human Services committees of the Suffolk County Legislature.