

NEWS FROM Legislator

Lou D'Amaro



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Learn to be... Tobacco Free Free Smoking Cessation Class Begins This Week

(HUNTINGTON STATION, NY... March 14, 2016) – 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 sign up for Suffolk County's "Learn to Be ...Tobacco Free" program, beginning this week in North Babylon.

"We are promoting good health to all residents in Suffolk County," said County Executive Bellone. "For those who are addicted to tobacco or nicotine products, we urge them to get the support they need to prevent illnesses that are caused by tobacco."

"Breaking an addiction to nicotine can be very difficult," said Dr. Tomarken. "Studies have shown that smokers who try to quit smoking using a combination of behavioral support and medicine are three times more likely to be successful than those who try to stop smoking without support."

Classes are free to Suffolk County residents, though there is a nominal fee for medication for medically eligible participants. The North Babylon class is as follows:

(more)

Smoking Cessation Clinic

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North Babylon

North Babylon Public Library

815 Deer Park Avenue, North Babylon, NY 11703

Time: 5 to 6 pm

Tuesdays, March 15, 22, 29 and April 5, 12, 19

Reunion: May 10, 2016

Contact: (631) 669-4020

For more information on this program and 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 Veterans committee of the Suffolk County Legislature.