

For Immediate Release:  
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### **DHD #10 and Big Rapids Housing Commission to offer a Free Tobacco Cessation Class**

The Big Rapids Housing Commission and District Health Department #10 have partnered to offer a free, group tobacco cessation class, starting on Tuesday, March 27, 2018 held at the Big Rapids Housing Commission from 4-5pm. A tobacco treatment specialist will be there to help develop a personal quit plan and to support you on your way to a tobacco-free life.

Most tobacco products, including e-cigarettes contain nicotine, an ingredient that leads to addiction, which is why so many people who use tobacco and e-cigarettes find it tough to quit. This tobacco cessation class can help you quit with the help from others on the same journey.

This program will help you deal with the emotional, behavioral, and physical parts that make quitting so hard. The tobacco treatment specialist will work with you to understand the effects of tobacco and nicotine understand tobacco triggers, get back on track after relapses, and how to manage cravings.

We will also work with your health care provider to make sure that you are getting the personal medical support to help you quit. This may be in the form of nicotine replacement therapy and/or medication that helps in your success to becoming tobacco free.

People, who stop smoking or using tobacco, greatly reduce their risk for disease and early death. Although the health benefits are greater for people who stop at earlier ages, there are benefits at any age. You are never too old, or too young to quit.

#### Free Group Classes

- Tuesday – March 27 4:00pm
- Tuesday – April 3 4:00pm
- Tuesday – April 10 4:00pm
- Tuesday – April 24 4:00pm
- Tuesday – May 8 4:00pm

(Individual support will be offered and scheduled with participants on alternating Tuesdays)

To register or for more information contact:  
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