



## Lexington-Fayette County Health Department

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### Health department helping smokers kick habit this fall

Lexington smokers now have more chances to give up the habit.

The Lexington-Fayette County Health Department is hosting two 12-week smoking cessation classes designed for people who want to quit smoking. One class will begin 5:30-6:30 p.m. Aug. 24 at the Public Health Clinic North, 805A Newtown Circle, while the other class starts 5:30-6:30 p.m. Sept. 22 at the Public Health Clinic South, 2433 Regency Road.

To register for one of the classes, call 288-2423 or attend the first night of the class.

The Cooper-Clayton Method to stop Smoking provides 12 weeks of education and support sessions that have been proven effective for smokers no matter how long they've used tobacco products. The class requires a \$50 registration deposit that will be reimbursed upon completion of the program if the person has completed all 12 classes and has remained smoke-free. Participants will receive nicotine replacement therapy products, such as nicotine gum, patches and lozenges, at no cost as long as they are smoke-free after the third week of the program.

The health department also uses the KY QUITLINE at 1-800-QUITNOW and Becomeanex.org, which is a web-based cessation program.

For additional information, become a fan of the Lexington-Fayette County Health Department on Facebook, or follow us on Twitter at [twitter.com/LFCHD](https://twitter.com/LFCHD).