

# Charlotte Hungerford Hospital



A Hartford HealthCare Partner

**FOR IMMEDIATE RELEASE**

## **CONTACT**

Charlotte Hungerford Hospital

Tim LeBouthillier: 860-496-6544

## **CHH offers FREE Smoking Cessation Class**

**TORRINGTON, Conn.** (February 19, 2018) Spring is a great time to quit smoking or encourage someone you know to kick the habit and we can help! Charlotte Hungerford Hospital (CHH) is once again offering FREE admission to its next "Freedom From Smoking" Cessation Program beginning on Tuesday, March 20<sup>th</sup>. The series includes seven interactive classes over a six week period with "Quit Day" planned for Tuesday, April 10<sup>th</sup>.

The program features discussion and skills practice sessions led by a trained, certified American Cancer Society facilitator who understands the motivations and rationalizations of smoking, and uses a positive behavior change approach that teaches people how to become a permanent non-smoker.

"In this step-by step program, participants will receive the personal attention they need to help them quit smoking and transition to a healthier, smoke free lifestyle through education, relaxation techniques, and methods of preventing weight gain." says Sandy Markus, CHH Program Facilitator.

The classes are being held 4:00 to 5:30 PM in the Conference Room at the Hungerford Center, 780 Litchfield Street, Torrington, just up the hill from the main hospital building. As a special incentive, the \$75 program fee will be waived for all participants.

Call 860-496-6538 to register or receive more information. Space is limited.

Charlotte Hungerford Hospital is part of the Northwest CT Partnership For Tobacco Free Communities, a community intervention program focused on tobacco use prevention and control in youth and young adults residing in northwest Connecticut. The hospital, along with representatives from EDAdvance, McCall Center For Behavioral Health, Fit Together, and the Torrington Area Health District collaborate regularly to advance tobacco free initiatives. The main goal of the partners is to actively engage and mobilize community resources with adolescent and young adult tobacco prevention and control strategies and promote tobacco free living as a social norm. Another focus is to help develop middle and high school leaders that can assist us educate their peers and help create a community-wide tobacco free choices.

According to the American Cancer Society Tobacco use remains the single largest preventable cause of disease and premature death in the US, yet millions of Americans still smoke. For more information about smoking and its dangers, visit the American Cancer Society website at [www.cancer.org](http://www.cancer.org).

**Continued...**



Visit [www.charlottehungerford.org](http://www.charlottehungerford.org) for information.

###

**Charlotte Hungerford Hospital** is a 109-bed, general acute care community hospital located in Torrington, Connecticut, that serves as a regional health care resource for 100,000 residents of Litchfield County and Northwest Connecticut. CHH is a Hartford HealthCare partner, and offers personalized attention from an expert team of caregivers and physicians that utilize advanced technology and clinical partnerships in a convenient, safe and comfortable patient environment. Charlotte Hungerford Hospital - Thousand Caregivers, One Job, Your Health. Learn more at [www.charlottehungerford.org](http://www.charlottehungerford.org)