



**For Immediate Release:** 01.19.07

From: David Powers  
Communications Director  
708.358.5781

Contact: Georgeen Polyak  
Public Health Director  
708.358.5480

**Smoking cessation tools available through local health department**

If your New Year's resolution was to stop smoking, the Village's Public Health Department has the tools you need to quit – for good.

Smoking cessation patches and counseling are available free to Village residents who register through the toll-free Illinois Tobacco Quitline, 866.784.8937, and mention that they are part of the *Break the Habit* program sponsored by the Oak Park Department of Public Health.

The *Break the Habit* program is part of the Health Department's overall MHOP – Mapping for a Healthier Oak Park – plan. MHOP assessed the general health status of the Oak Park population through a survey. The Health Department currently is working to design programs most likely to benefit the community in the areas identified by the survey.

For more information on how to stop smoking, or on the *Break the Habit* program, call 358.5480 or e-mail [health@oak-park.us](mailto:health@oak-park.us).

###