



For Immediate Release: 02.09.07

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Registration underway for stop smoking program

Registration is underway for *Freedom from Smoking*, a six-week stop smoking program developed by the American Lung Association to help smokers deal with cravings, stress, weight gain and exercise.

Program orientation is scheduled for 6 p.m., Tues., Feb. 20, with classes beginning Tues., Feb. 27. Orientation and classes will be at Village Hall, 123 Madison St.

Registration is required. Call 358.5490 or e-mail health@oak-park.us for more information.

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