



Did You Know?

- When you stop smoking, your body begins to repair itself immediately.
- Within 8 hours after you stop smoking, breathing becomes easier.
- After one year of not smoking, your risk of dying from a heart attack is *cut in half!*
- Exposure to Environmental Tobacco Smoke (ETS) is responsible for increased cases of asthma, ear and respiratory infections in children.
- Stopping smoking will improve your health and the health of those around you.



Suffolk County Department of Health Services

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Suffolk County
Department of Health
Services

Still Smoking?
Want to Stop?
**We
Can Help!**



(631)853-4017

We can help you stop smoking

The Suffolk County Department of Health Services offers free smoking cessation classes to people who live in Suffolk County. Classes are led by health educators. Ways to help you stop smoking will be discussed. People who use pipes, chew or cigars will also find the help they need to quit.



Location

Classes are held at many locations throughout Suffolk County. Businesses or organizations may host a program.

Classes

One hour classes are held once a week for six weeks. A reunion class is held one month after the last class. Registration is required for all classes.

Medications

Prescriptive medications as well as other nicotine replacement products are offered to participants. These products are made available under the direction of a medical professional. Only medically eligible participants who attend classes will receive medications. There is an annual fee of \$50 for the medication.

Education

Behavior change



Relapse Prevention

Stopping smoking can be challenging! Support groups are held twice a month.

To Register

Call the “Learn to Be... Tobacco Free” office at 631-853-4017 for information about registration. You may also visit our website at:

www.suffolkcountyny.gov/health



If you are thinking about stopping smoking... We're here to help!

Learn To Be... Tobacco Free!

SURGEON GENERAL'S WARNING:
Quitting Smoking Now Greatly
Reduces Serious Risks to Your Health