

Published April 15, 2007 12:00 am - Eight-week program begins May 15
Transcript Staff

Health Department offering smoking cessation classes

The Norman Transcript

Eight-week program begins May 15

Registration continues for an eight-week series of Freedom From Smoking classes for Cleveland County residents wanting to quit the tobacco habit.

The classes are free of charge and will be conducted from 6 to 8 p.m. on eight consecutive Tuesdays, from May 15 to July 10, at the Cleveland County Health Department, 250 12th Ave. NE.

"The Cleveland County Health Department is excited to bring free smoking cessation classes to Cleveland County residents who are ready to get serious about kicking their tobacco habits," said Alexandria Hart-Smith, public health educator for the Cleveland and McClain County health departments.

Hart-Smith and Pat Murray will instruct the Freedom From Smoking classes, with certification by the American Lung Association.

Hart-Smith said participants are provided with up-to-date information and supportive educational materials to assist with the logical progression from awareness of the tobacco habit to actual behavior change.

The free classes are made possible by the collaborative efforts of the Cleveland County Health Department and Cleveland County Turning Point: Tobacco Free Cleveland County Coalition.

For more information about the program or to sign up, call Murray at 579-2267, or call Hart-Smith at 579-2251. Seating is limited, organizers said.