



**Public Health**  
Prevent. Promote. Protect.

## Henderson County Department of Public Health

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## Fall can be a new beginning with the Quit Tobacco series

**Hendersonville, N.C. (September 19, 2018)** – Start this fall as your new year by resolving to quit tobacco. The Department of Public Health is offering a free tobacco cessation program to anyone who would like to quit smoking, dipping, chewing or vaping.

The series begins October 2 and will meet on Tuesdays for seven weeks from 5:30 - 7:00 p.m. at the Department of Public Health, located at 1200 Spartanburg Highway in Hendersonville.

“Fall is a great time for new beginnings for those wanting to quit tobacco. This series provides many resources and great support,” said Beverly Clark, smoking cessation facilitator. “Quitting with a group helps participants because they can share challenges they are facing and discuss strategies that have worked for others.”

Trained facilitators will lead discussions to explore practical ways to reduce the urge to use tobacco, handle friends and family who continue to use tobacco, build healthful new habits and other practical tips. Quit Day is during week four with support and additional tips to follow.

The series, a resource book and materials are free, but preregistration is required. To register or for more information, call (828) 694-6065 or email [bclark@hendersoncountync.gov](mailto:bclark@hendersoncountync.gov).

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