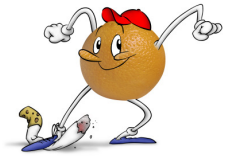
Healthy Orange presents:

STOP SMOKING

2011 MOTIVATIONAL PROGRAM

FREE to Orange County residents



Learn:

- The effects of smoking
- Best ways to prepare to quit
- How to cope without smoking
- How to quit and STAY QUIT!

***If you would like to register, please call 914-443-2338.**

Location: **Middletown Community Health Center**
21 Orchard Street, Middletown, NY

Dates: **Tuesdays – 1/11/11, 1/18/11, 1/25/11, and Thursday- 1/27/11**
MUST ATTEND EVERY SESSION

Time: **6:00 pm – 7:00 pm**

Facilitator – Jamie Conklin, CASAC, CPP. Jamie developed this cessation program which has helped hundreds of people quit smoking in the community including adults, the elderly, adolescents, and college students, as well as many service men and women, their families and civilians at West Point Military Academy. She has educated hundreds of people through the course she developed; "Tobacco Dependency: Prevention, Education and Treatment," as well as at many workshops across NYS. Jamie Conklin has been working in the field of chemical dependency for over twenty years. In addition to her own program, she is a smoking cessation facilitator for both the American Cancer Society and the American Lung Association.

Edward A. Diana, County Executive

Jean M. Hudson, M.D., MPH, Commissioner of Health