



News Release

FOR IMMEDIATE RELEASE

Dec. 29, 2015

Department of Public Health

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Health Department Offers Smoking Cessation Classes

FAYETTEVILLE – The Cumberland County Department of Public Health will offer free Smoking Cessation classes Tuesdays at 6 p.m. beginning in January. The four-week smoking cessation program is available to citizens and health department patients through the Health Education Department.

The classes will be held in Room 2034, the Health Department training room on the second floor. Each class is one hour. Class dates have been scheduled for Tuesdays from January through June. The dates are listed below:

Jan. 5, 12, 19 and 26

Feb. 2, 9, 16 and 23

March 1, 8, 15 and 22

April 5, 12, 19 and 26

May 3, 10, 17 and 24

June 7, 14, 21 and 28

For more information or to sign up, contact Health Promotion Coordinator Marisa Ramos-Mason at 910-433-3892. The Health Department is located at 1235 Ramsey St.

If you would like more information about the Cumberland County Department of Public Health's programs and services, health-related data, or community resources, please call 910-433-3600 or visit with someone at the information desk, or visit our website at co.cumberland.nc.us/health.aspx#. Comments are welcome and can be submitted on our website at co.cumberland.nc.us/health/comment_form.aspx. The Health Department is located at 1235 Ramsey St. in Fayetteville.

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