



Land of Natural
Wealth and Beauty

News Release

For Immediate Release

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TOBACCO-FREE NEW YEAR'S RESOLUTION

BUTTE COUNTY, California – Welcome in the New Year tobacco-free! Whether you want to quit smoking, chewing, or snuffing, starting the New Year tobacco-free is possible.

Quitting smoking can be a difficult thing to accomplish, but help is available. The American Lung Association of California, Superior Branch (ALA) is offering their award-winning *Freedom from Smoking*® classes at no cost. Classes are offered at various times and locations throughout Butte County. These classes will teach you the skills needed to become tobacco-free and provide you with support to help you stay tobacco-free. Participating in the classes will likely qualify those with medical insurance (Medi-Cal) for quitting aids such as the nicotine patch or a prescription medication. For registration, dates and times call ALA at 1-800-LUNG-USA or visit them online at www.lungusa.org.

If you would prefer individual counseling by phone at your convenience, or self-help materials, or a referral list of other tobacco cessation programs please call the California Smokers' Helpline at 1-800-NO-BUTTS. Helpline services are available in English, Spanish, Mandarin, Cantonese, Vietnamese, Korean, and TDD/TTY. Registering for counseling will also likely qualify participants for quitting aids. More than 100,000 Californian's have received help from the program including scores of smokers from Butte County!

If you would like to quit chewing tobacco or snuff, both the California Smokers' Helpline and ALA's *Freedom from Smoking*® classes can help as well.

So if your resolve is to be smoke-free this year and you need a little help in doing so, call the American Lung Association at 1-800-LUNG-USA or the California Smokers' Helpline at 1-800-NO-BUTTS. They will help you make 2007 your year to be tobacco-free.

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Butte County Public Health Department
Our Mission: To protect the public through promoting individual,
community and environmental health.