

FOR IMMEDIATE RELEASE

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LLHD OFFERS FREE PROGRAMS TO HELP PEOPLE QUIT SMOKING

Trying to quit smoking but don't know where to start? Ledge Light Health District can help you with our free "Smoke-Free LLHD" program.

"Quitting smoking is a huge step towards improving your health and preventing disease. Ask any former smoker, it's the best decision they've ever made," said LLHD Health Program Coordinator Carolyn Wilson. "Sometimes it takes several attempts to be successful but creating a plan, seeking support and developing a set of strategies is the best course of action. It's important to never give up on the journey to becoming smoke-free."

LLHD has received funding from the Department of Public Health to offer free weekly group and individual smoking cessation programs to those who live or work in East Lyme, Groton, Ledyard, New London or Waterford. The program uses the American Lung Association's "Freedom From Smoking®" curriculum to help participants quit smoking in seven weeks. Free nicotine replacement therapy will be made available to all participants. Group programs are being scheduled at various locations throughout the year. Individual counseling is available by appointment.

For more information or to register for a class, please contact Health Program Coordinator Carolyn Wilson at (860) 448-4882 ext. 318 or at cwilson@llhd.org.

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Ledge Light Health District – LLHD – serves as the local health department for East Lyme, Groton, Ledyard, New London and Waterford, Connecticut. As a health district, formed under [Connecticut General Statutes Section 19a-241](#), LLHD is a special unit of government, allowing member municipalities to provide comprehensive public health services to residents in a more efficient manner by consolidating the services within one organization.

The Director of Health and staff of LLHD work to promote health and wellness among the 120,000 residents we serve. By enforcing the Connecticut Public Health Code, conducting health education programs, monitoring disease outbreaks and nurturing our environment, LLHD is focused on *promoting healthy communities*.

LLHD's mission statement – **to prevent disease, illness and injury; to protect and nurture our environment; and to promote improved health and prosperity for all residents** – describes in more detail our slogan of "promoting healthy communities."

Promoting healthy communities

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