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KEEP YOUR NEW YEAR'S RESOLUTION TO STOP SMOKING

Free Cessation Classes Begin in February

Chattanooga, TN – Giving up smoking is a common New Year's resolution and CHI Memorial wants to help you reach your goal to be tobacco free in 2019. CHI Memorial offers a free seven-week Freedom From Smoking® program which helps participants learn how to beat tobacco addiction, lifestyle changes that make quitting easier, stress management, how to avoid weight gain and how to stay smoke-free for good.

On Thursday, February 7, 2019, a new session of Freedom From Smoking® will begin at CHI Memorial Hospital Chattanooga. The class is offered every Thursday for seven weeks from 4:30 – 6 p.m. in the private dining room located at Entrance B – surgery services. Freedom From Smoking® is an American Lung Association program that has helped hundreds of thousands of Americans overcome an addiction to nicotine during the past 37 years.

“This is a great way to start off the new year right and make a positive difference in your life”, says Gerre Schwert, MSW, LCSW, CHI Memorial Rees Skillern Cancer Institute. “No matter your age, you will experience numerous health benefits when you stop smoking. You are never too old to quit.”

Cigarette smoking is the leading cause of preventable disease and death in the United States, according to The Centers for Disease Control and Prevention (CDC). It also reports more than 16 million Americans live with a disease caused by smoking.

The Freedom From Smoking® program is designed for a small group setting. Anyone who has a desire to stop smoking should call (423) 495-7778 to register for the class. There is no charge for the program.

CHI Memorial Hospital Chattanooga is located at 2525 de Sales Avenue, Chattanooga, TN 37404.

About CHI Memorial

CHI Memorial is a not-for-profit, faith-based healthcare organization dedicated to the healing ministry of the Church. Founded by the Sisters of Charity of Nazareth and strengthened as part of Catholic Health Initiatives, it offers a continuum of care including preventative, primary and acute hospital care, as well as cancer and cardiac care, orthopedic and rehabilitation services. CHI Memorial is a regional referral center of choice with 3,400 associates and more than 700 affiliated physicians providing health care throughout Southeast Tennessee and North Georgia. To learn more, visit www.memorial.org.

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