



**Department of Health**  
1 Geneva Road, Brewster, New York 10509  
(845) 808-1390



MaryEllen Odell  
*County Executive*

Michael J. Nesheiwat, M.D.  
*Interim Commissioner of Health*

**FOR IMMEDIATE RELEASE**

**Date:** April 13, 2017

**Contact:** Barbara Iardi, Public Information Officer, (845) 808-1390

**Start the Journey to a Smoke-Free Life:**  
*Freedom from Smoking Program Begins May 8*

BREWSTER, NY- Smoking is an addiction—and a difficult one to overcome. For some smokers, unsuccessful attempts at quitting have led them to believe that they are unable to quit. Becoming a nonsmoker is a journey. Most people have tried to quit, even more than once, before they find ultimate success. Although the first steps can be hard, finding your path to becoming a nonsmoker is easier with the right help. This spring, the Putnam County Department of Health will be offering the Freedom from Smoking (FFS) Program, a proven way to quit smoking for good.

“We’re always looking for ways to help our residents,” said County Executive MaryEllen Odell, “and for those who want to quit smoking, this new service provided by the health department offers extra support.”

“You are never too old to quit,” said Michael Nesheiwat, MD, Interim Health Commissioner. “Even if you’ve smoked for a long time, there are great health benefits to quitting. It may take multiple attempts, but you should keep trying. The next time might be your success.”

FFS is an evidence-based program that has helped hundreds of thousands of smokers quit since it was first introduced over thirty years ago. Eight weekly classes, each lasting 60 to 90 minutes, are led by a certified facilitator. The program covers planning and preparing to quit, as well as lifestyle changes that

will support maintenance. Use of Nicotine Replacement Products (NRT) is encouraged as part of the program, but is optional.

The FFS program will be held at the Bureau of Emergency Services, 112 Old Route 6 in Carmel, on Mondays from 6 pm to 7:30 pm, beginning May 8. Free NRT will be offered to participants while supply lasts. Pre-registration is required, as group size is limited. For more information or to pre-register, contact the Putnam County Department of Health at (845) 808-1390, ext. 43258.

The Department of Health's mission is to improve and protect the health of the Putnam County community, composed of nearly 100,000 residents. Core services include community health assessment, disease surveillance and control, emergency preparedness, environmental health protection, family health promotion and health education. For more information, please visit the PCDOH website at [www.putnamcountyny.com/health](http://www.putnamcountyny.com/health) or visit the social media sites on Facebook at [www.facebook.com/putnamhealth](http://www.facebook.com/putnamhealth), and Twitter @PutnamHealthNY.

###