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**FOR IMMEDIATE RELEASE**

January 24, 2012

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**Quit Smoking Now Tobacco Cessation Class Offered at Bay County Health Department**

**Bay County** – Give yourself a Valentine’s Gift of a healthier heart! The Bay County Health Department will offer a free tobacco cessation class/support group starting Wednesday, February 15<sup>th</sup>. “Quit Smoking Now” is a program that was developed by ex-smokers for others who want to become ex-smokers. It is also appropriate for spit tobacco users who are ready to quit. The group will meet in the auditorium at the Bay County Health Department, 597 W. 11<sup>th</sup> St. in Panama City, from 6:00 – 7:00 p.m. Wednesday evening for six weeks. Free Nicotine Replacement Therapy is available for class participants.

For more information, please call 872-4455 ext. 1344.

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