

**FREE SERVICES OFFERED
JUST BY CALLING THE ORANGE COUNTY
DEPARTMENT OF HEALTH AT 845-568-5238**

If you live or work in Orange County NY the Orange County Department of Health offers FREE smoking cessation classes and services. Below is a list of services that can help you quit smoking.

CESSATION CLASSES

Quit smoking classes/support groups are offered in various locations throughout the county. Providers are also available to travel to worksites to conduct services.

NICOTINE REPLACEMENT THERAPY

Free Nicotine Replacement Therapy is available for cessation participants through Health Centers in Newburgh, Walden and Port Jervis and through the NYS Smoker's Quitline:

1-866-NY-QUITS or www.nysmokefree.com

All facilities and facilitators of the smoking cessation programs have been trained with the American Cancer Society's "Living Well, Tobacco Free" and "Fresh Start" curricula, as well as Behavior Modification techniques to help you quit smoking.

ALTERNATIVE PROGRAMS

We offer a variety of alternative services for those seeking a different approach. Call for details.

Contact the Orange County Department of Health at 845-568-5238 today to find a service that is right for you!



Edward A. Diana, County Executive
Jean M. Hudson, M.D., M.P.H., County
Commissioner of Health

