

FOR IMMEDIATE RELEASE
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LLHD offers free smoking cessation programs in Gales Ferry and Waterford

Is your New Years' Resolution to quit smoking? Ledge Light Health District has free 6-week programs starting in January to help you get on the right track!

Participants will learn about nicotine addiction, how to deconstruct smoking behavior, what nicotine replacement or medication is right for you, how to manage and cope with triggers and how to create the right quit plan for you.

A daytime class will be offered at the Gales Ferry Library beginning January 10 from 9-10:30 a.m. and an evening class will be offered at the Waterford Public Library beginning January 9 from 6-7:30 p.m. Classes are free and participants meet weekly.

If you have questions or would like to register for one of these free programs, please call Program Coordinator Carolyn Wilson at 860.448.4882 ext. 318.

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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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