



**Key Date:** Open

Nov. 10, 2009

**FOR IMMEDIATE RELEASE**

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## **Treatment Center Resumes Funded Classes To Help Stop Smoking, Tobacco Addiction**

**KETTERING** – Thanks to a grant from the Ohio Department of Health, Kettering Medical Center is now offering fully-funded classes for those who wish to stop smoking or stop using other tobacco products. Patients attend classes once a week for six weeks. Free nicotine replacement therapy or medication is included for eight weeks.

“Counseling is a key component to any successful smoking cessation program, and we make the counseling portion a requirement for receiving nicotine replacement or Chantix,” said Diane Westhafer, RRT, Program Coordinator. “The program not only helps cigarette smokers kick the habit, but it is also beneficial to those addicted to smokeless tobacco. Our grant was given to serve Montgomery County residents, and our goal is to get 195 people in the program over the next eight months.”

KMC has not had a tobacco cessation program for 18 months since another state funding source dried up. Prior to that, the Tobacco Treatment Center treated more than 500 individuals per year for five years with a success rate of over 50 percent.

Morning and evening classes are available. Corporate programs are also offered. For more information, call (937) 395-8162 or go to [http://www.khnetwork.org/smoking\\_cessation/](http://www.khnetwork.org/smoking_cessation/)