

# HEHF offers smoking cessation classes

If quitting smoking is one of your New Year's resolutions, you may be interested in signing up for a smoking-cessation program for Hanford Site employees with Department of Energy security badges. The Hanford Environmental Health Foundation is sponsoring the free, four-class series to be held Jan. 20, 23, 27 and 30 from 3:30 to 5 p.m. at the Federal Building in Richland. John Evans of the American Cancer Society will conduct the series.

According to the Centers for Disease Control and the American Heart Association, more than 400,000 Americans die each year from smoking cigarettes. In addition, smoking-related illnesses in the United States cost more than \$50 billion annually. Since 1965, the number of adult smokers has decreased significantly. However, the decline has leveled off, and the number of teenage smokers reached an astounding 4.1 million in 2000. Smoking-cessation classes have been very successful in helping people to quit and stay away from smoking.

Interested site employees need to obtain permission from their managers to attend the classes during working hours. To register, call HEHF Health Education Services at 373-3729 or send an e-mail message to \*HEHF Health Education Services. For more information about the classes, contact Carol Powe of Fluor Hanford at 376-8886 or Judi Staley of HEHF at 372-0097.

