



CITY OF HARTFORD

DEPARTMENT OF HEALTH AND HUMAN SERVICES
Public Health Education Program
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Director

Freedom from Smoking ---NEWS ADVISORY---

One of the most popular New Year's Resolutions is "I am going to quit smoking." The City of Hartford Health and Human Services Department, in collaboration with the Hartford Public Library, will offer a program beginning in January 2010 for people who are interested in "kicking the habit."

An orientation session to help prospective participants decide if this program suits their needs will be held on **January, 13, 2010 from 12 to 1:00 PM at the Hartford Public Library, located at 500 Main Street in Downtown Hartford.**

The program will run with a minimum of 10 and a maximum of 20 participants and space is available on a first-come-first-served basis. Meetings will be held on Wednesdays from 12 to 1:30 PM at the Hartford Public Library. There is no fee for the program or for the materials that will be made available to participants.

For any questions please contact Rita Kornblum at (860) 547-1426 ext: 7188 or at rkornblum@hartford.gov

We look forward to helping you achieve a Healthier 2010 and a Healthy Hartford.

