Learn To Be... Tobacco Free

The Suffolk County Department of Health will be conducting a six-week smoking cessation program starting on Monday April 6, 2015 at 6pm at Brookhaven Town Hall, One Independence Hall, Farmingville.

Stress Management Techniques, Behavior Modification, and Relaxation Techniques are some of the skills needed to stay tobacco free. These techniques will be covered and medication will be provided for a nominal fee.

To register or for more information, please call 451-8026

Farmingville, NY - To help residents quit smoking, the Town of Brookhaven will conduct a six-week smoking cessation program starting Monday, April 6 and continuing every Monday through May 11. Meetings will be held from 6:00 pm to 7:30 pm in the Youth Bureau conference room on the second floor of Brookhaven Town Hall, located at One Independence Hill in Farmingville.

Attendees will learn the skills needed to be tobacco free, including techniques in stress management, behavioral modification and relaxation. Medication to help smokers kick the habit will be provided for a nominal fee. To register, e-mail youthbureau@brookhaven.org with your name, work and home/cell numbers. For more information, call 631-451-8026.
The smoking cessation program is co-sponsored by the Suffolk County Department of Health.