July 1, 2013

**Farmingville, NY** - To help residents quit smoking, the Town of Brookhaven will conduct a six-week smoking cessation program starting Tuesday, July 30, and continuing every Tuesday through September 3. 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 451-8011. The smoking cessation program is co-sponsored by the Suffolk County Department of Health.