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Be a Flu Fighter!

- Stay home from work, school, and errands when you are sick
- Cover your mouth and nose with a tissue when coughing or sneezing
- Wash your hands often with soap and water especially after you cough or sneeze

Go to
www.fighttheflu.org

Fort Wayne-Allen County Department of Health News Release

Contact: John Silcox, 260-449-7395, john.silcox@co.allen.in.us

For Immediate Release

Ready to quit smoking? Free workshop can help

FORT WAYNE, Ind. (Dec. 10, 2009). –The Fort Wayne-Allen County Department of Health is encouraging smokers to attend a free quit-smoking clinic on Dec. 15.

The clinic will be offered at three different times that day. Each clinic is one-hour long and includes a presentation by a tobacco treatment specialist, trained and certified by Mayo Clinic, and a former smoker who shares his or her story about how this person quit with the help of a prescription treatment option and support.

The workshop is followed by a 15-minute Q&A session. Refreshments will be provided.

Registration is required and space is limited. Sign up today by calling 1-888-456-7186 or going to www.freequitclinic.com.

What: *Get Quit Clinic*, a one-hour quit-smoking clinic

When: Tuesday, Dec. 15; Clinics start at 8 a.m., Noon and 5 p.m.

Where: Fort Wayne Medical Education Program,
750 Broadway, Suite 250.

Sponsors/Organizers:

- Tobacco Free Allen County
- Neighborhood Health Clinic
- United Hispanic Americans
- Lutheran Hospital
- Parkview Hospital
- Family Practice Center
- St. Joseph Hospital
- Matthew 25
- IPFW
- American Cancer Society

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