



FOR IMMEDIATE RELEASE
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Williamson Medical Center offers smoking cessation course

FRANKLIN, TENN. – Cigarette smoking is the single most preventable cause of premature death in the United States, but each year, more than 400,000 Americans die from the habit. The good news is statistics can change—and Williamson Medical Center can help those who want to stop smoking.

Those who quit decrease their risk of emphysema, cancer, heart attack, stroke and chronic lung disease. Lung cancer, which alone will claim the lives of more than 160,000 people this year, has relatively few symptoms and often goes undiagnosed until it has spread to other parts of the body.

To help those who want to kick the habit for good, WMC will begin a nicotine intervention course 6:30 - 8 p.m. Tuesday, July 5. The eight-week course utilizes material from the American Lung Association's Freedom from Smoking[®] program and includes follow-up consultation for one year.

The cost of the course, which meets each Tuesday at Williamson Medical Center, is \$75 with a \$50 refund upon completion of the class for those with perfect attendance. To register or for more information, call 615-791-CARE or visit www.williamsonmedicalcenter.org.

Williamson Medical Center is a 185-bed hospital fully accredited by The Joint Commission that provides comprehensive inpatient and outpatient care including emergency services, with credentialed physicians in 53 specialties and sub-specialties. The community-focused hospital offers a wide range of wellness services, screenings and classes. For more information about Williamson Medical Center, visit williamsonmedicalcenter.org.

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