

Van Wert hospital is helping smokers make a FreshStart

Written by Staff Reports

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Van Wert County Hospital will offer the American Cancer Society's FreshStart smoking cessation program beginning Tuesday.

The four-week program will be held from 5-6:15 p.m. on Tuesdays in the Gaylord E. Leslie Wellness Center Conference Room, 140 Fox Road Suite 101, Van Wert, Ohio. Interested individuals may register for the free series by calling 419-238-2390, ext. 345.

As the official sponsor of birthdays, the American Cancer Society encourages smokers to make a plan to quit, or to plan in advance and quit smoking. According to an American Cancer Society report, smokers who quit can expect to live up to 10 years longer than those who continue to smoke. Quitting is hard, but smokers can increase their chances of success with help.