SOUTH LAKE HOSPITAL
In partnership with
ORLANDO HEALTH

1900 Don Wickham Drive
Clermont, FL 34711
352.394.4071

southlakehospital.com

FOR IMMEDIATE RELEASE
04/20/11

Contact: Jana Derby, 352.241.7109
Jana.derby@orlandohealth.com

Spring into Summer with South Lake Hospital's Free Smoking Cessation Classes;
New session begins May 9

Clermont, Fla. – Are you ready to not only look good for summer but to also feel good? Is your goal to get fit and get out of the house this summer to smell the fresh air? South Lake Hospital, in conjunction with the Florida Area Health Education Center (AHEC) Network, is offering free smoking session classes to the community a new session begins May 9.

The program teaches step-by-step methods and provides support to quit smoking and other nicotine addiction habits. Participants in the course are also eligible to receive nicotine replacement supplements. During the six-week course, the participants also have complimentary use of the hospital's wellness facility, the National Training Center (NTC), for up to three times per week. The course is part of the hospital's commitment to improving the quality of lives for the individuals it serves.

Classes are held Monday evenings from 6:30 p.m. to 8:30 p.m. at the NTC. For more information and to register, please call 352.241.7109. The NTC, part of South Lake Hospital, is located at 1935 Don Wickham Drive., in Clermont on the South Lake Hospital campus.

South Lake Hospital is a not-for-profit acute care community hospital, in partnership with Orlando Health. South Lake Hospital has been providing quality healthcare services to the South Lake County for over 60 years. For additional information about South Lake Hospital visit www.southlakehospital.com.

# # #