



FOR IMMEDIATE RELEASE

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February 18, 2010
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Ledge Light Offering Free Smoking Cessation Programs in New London

NEW LONDON — Ledge Light Health District is providing free smoking cessation programs at two locations in New London starting mid-February.

The first program will begin on Monday, February 22 from 5 to 7 p.m. at Opportunities Industrialization Center on 106 Truman St. Wednesday. The second program will start February 24 from 10 a.m. to noon at the Mohican Apartments on 281 State St.

Each program is eight weeks and provides free smoking cessation aids such as the nicotine replacement patch and/or gum. These programs are open to the community.

Additional smoking cessation programs are being scheduled for the upcoming months at different locations throughout the district. To get more information or to register for a program visit www.ledgelighthd.org or call Community Health Coordinator Kerensa Mansfield at 860-448-4882 ext. 309.

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Ledge Light Health District provides professionally managed comprehensive public health services designed to improve the quality of life and health and safety of its residents. The District service area consists of East Lyme, Groton, Ledyard, New London and Waterford, with a service population of over 120,000.