

Free smoking cessation classes being offered

Written by George Browning
Tuesday, 29 July 2014 09:22 -

Are you ready to stop smoking? Floyd Memorial Hospital has teamed up with the Floyd County Tobacco Cessation Coalition to offer free 13-week Cooper Clayton Method for Smoking Cessation classes at three different locations in Floyd County.

The Cooper Clayton Method is a science-based program that was started over 25 years ago by two faculty members at the University of Kentucky; Thomas Cooper, DDS, a dentist and former heavy smoker; and Richard Clayton, PhD, an expert on drug addiction. This method is a safe and effective comprehensive behavioral program to help you stay smoke-free for the rest of your life. The program utilizes proven methods including education, skills training and social support, and participants use nicotine replacement products such as nicotine gum, nicotine lozenges, or the nicotine patch. If financial assistance is needed to purchase nicotine replacements, class instructors can help connect participants with available resources.

Free classes are offered in three different locations and times. Class sizes are limited, so pre-registration is required. Please call the following contacts to register:

Floyd Memorial Hospital; Tuesdays; 6 – 7 pm ; August 12 – November 4; Contact: Mindi Burch; (812) 981-6208

Floyd County Health Department; Wednesdays; 11 am – 12 pm; August 13 – November 5; Contact: Michelle Smith, RD, CD, CDE; (812) 944-3017.

IU Southeast; Wednesdays; 12 – 1 pm; September 3 – December 3; Contact: Dr. Michael Day; (812) 941-2244 or micaday@ius.edu.

About Floyd Memorial

Founded in 1953, Floyd Memorial Hospital and Health Services is a 236-bed, acute care regional healthcare provider with Southern Indiana's only comprehensive cardiac surgery program. The hospital offers a full continuum of care from inpatient care to rehab services to

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home healthcare. Services include cardiac surgery, thoracic and vascular services, orthopedics, spine care, wound care, pain management, sleep disorders center, a full range of women's services including obstetrics, cancer care, diabetic treatment and weight management services. Floyd Memorial is also affiliated with Kleinert Kutz Surgery Center, a free-standing center offering expert care in hand, musculoskeletal, orthopedics, as well as plastic and reconstructive cosmetic surgeries. In 2013, Floyd Memorial was again recognized by U.S. News and World Report as a Best Regional Hospital for the Louisville Metro area – the only Southern Indiana hospital to make the list. And the Floyd Memorial Cancer Center of Indiana breast program is the only program in Southern Indiana to be accredited by the National Accreditation Program for Breast Centers (NAPBC). For more information, visit floydmemorial.com.