



Jackson Tobacco Reduction Coalition

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To: New Editor

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New Tobacco Free Support Group in Jackson County

FOR IMMEDIATE RELEASE

JACKSON, MI (July 19, 2018) –The Jackson Tobacco Reduction Coalition and the Smoke Free Health Action Team are pleased to promote the services of a new **FREE** peer led support group in Jackson County. This support group is designed for those who are interested in becoming tobacco free and those who have already quit and want to remain tobacco free.

If you are interested in going to a support group where you can share your thoughts and feelings about trying to quit in a safe and confidential space, this is the spot for you. Plan to join this support group which meets **Every Monday** evening from **7:00 – 8:30 p.m.** in the Jackson District Library, Carnegie location at 244 W. Michigan Avenue (downtown Jackson).

If you are new to quitting, just starting or need a boost along the path, this group can help. Self-help support will deal with cravings, urges, triggers, slips and relapses. If you have already quit and feel you can offer support to others, or would like self-support, please join us.

Rhonda Rudolph, Jackson Tobacco Reduction Coalition Coordinator states, “Support groups are an excellent way for people to meet who have quit or are trying to quit and work on it together. Smoking is often seen as a social activity and quitting can take on a new meaning when people are trying to help each other give up a habit that could potentially kill them.”

In addition to emotional support, additional resources will also be available to help them with their efforts to quit and remain quit. Research shows that quitters are most successful when using a combination of therapies, including resources such as nicotine replacement, counseling, self-help materials and a strong support network of family and friends. Two local resources available to help people quit are Allegiance Health Tobacco Treatment Services (517-788-4707) and the Jackson Tobacco Reduction Coalition at (517-768-2131). Many insurance companies are now working closely with their members to provide quit services and pharmaceuticals. Your doctor is also a good resource, particularly when it comes to your personal health status. Many insurance companies require a prescription for nicotine replacement therapy or other pharmaceuticals which have been proven to assist tobacco users in quitting.

For more information on the peer led group, please call (517) 205-7495. We look forward to seeing you at the next group.

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“Working Towards A Tobacco Free Jackson County”