Breathe DC Launches Free Online Smoking Cessation Classes for District Residents

District of Columbia smokers trying to quit get a helping hand with convenient classes



District of Columbia, May 5, 2020 (Issuewire.com**)** - Breathe DC, the leading Capital area nonprofit organization supporting clean air and healthy breathing, announces the launch of free online cessation services to help smokers kick the habit.

With smokers at higher risk of getting coronavirus and suffering more severe symptoms, quitting smoking is more urgent than ever. Quitting can help reduce stress, lower blood pressure and reduce inflammation, which are health conditions that may make coronavirus symptoms more severe.

Virtual classes at Breathe DC kick off on May 12th and run for four weekly sessions. Participants can choose from morning, afternoon or evening classes to suit their schedules. Classes are hosted on Zoom and offered weekly throughout May and June on Tuesday, Wednesday, Thursday or Friday. Participants can sign up at the Breathe DC website at https://breathedc.org/cessation

As communities begin to reopen and people come together, it is critical that smokers protect their health using every tool available--especially cessation tools that help them quit the habit and reduce their coronavirus risk.

About Breathe DC

Breathe DC is the only local Capital area nonprofit organization exclusively dedicated to cleaner air and healthy breathing. The organization actively advocates for stronger laws and policies to safeguard healthy air and protect lungs from smoke, air pollution and allergens. Breathe DC public health programs empower adults and youth with lung diseases such as asthma to lead fuller, more active lives.

###

Media Contact

Breathe DC

rena@breathedc.org

202-574-6789

1310 Southern Av SE, Ste G082, Washington, DC 20032

Source : Breathe DC

See on IssueWire