



AVIVA HEALTH

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NEWS RELEASE

FOR IMMEDIATE RELEASE

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Aviva Health Offering Tobacco Cessation Classes in Glide

ROSEBURG, Ore. – Aviva Health is offering free American Lung Association tobacco cessation classes at the Glide Community Center, 20062 N. Umpqua Highway, every Thursday from 1 p.m. to 3 p.m., beginning March 5 and ending April 16.

The program, which began in 1981, has helped hundreds of thousands of people quit smoking over the last four decades and is free and open to the public.

Sessions are led by a certified facilitator and feature a step-by-step plan for quitting smoking, with each session designed to help individuals tailor a plan to gain control over their behavior.

For more information on the classes, please contact Cindy Noroña at (541) 672-9596, ext. 430 or cnorona@aviva.health.

ABOUT AVIVA HEALTH

Founded in 1991, Aviva Health is an independent, board-governed, not-for-profit organization that cares for the people of Douglas County by providing high-quality, patient-centered, accessible and affordable medical, dental and behavioral healthcare, regardless of their ability to pay. As Douglas County's only Oregon Health Authority recognized Tier 5 Patient-centered Primary Care Home, Aviva Health offers integrated services from eight clinic sites in Roseburg, Myrtle Creek, Sutherlin, Glide and North Douglas County (Drain), including a Teen Health Center located on the campus of Roseburg High School. In 2020, Aviva Health, in partnership with Mercy Medical Center, will launch the Roseburg Family Medicine Residency Program where physicians will train over a three-year period to provide exceptional clinical care to children and adults living in rural locations.