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For Immediate Release

Dedicated To Your Health

Fremont-Rideout Health Group facilities will be
Tobacco Free on Nov. 19, 2009

With smoking and breathing second-hand smoke being the leading causes of many illnesses, Fremont-Rideout Health Group (FRHG) has an obligation to the community to address this issue and ensure a healthy environment for our patients, visitors and healthcare providers.

We have expanded our policies on tobacco use to become a totally smoke-free environment by November 19, 2009. Although our buildings have been smoke free for many years, we have permitted smoking in designated areas outside our facilities. These smoking areas will be eliminated to protect patients, visitors and health system physicians and employees from the negative effects of second hand smoke.

We realize that this policy may be difficult for people who smoke, and we are doing our best to make resources available for them so they can abide by this new policy. If you would like assistance, please let us know.

We are committed to improving the health of our community and cooperation with our policy for a totally tobacco-free campuses is appreciated.

These Smoking Cessation classes are offered:

The Clean Break Program is designed to help participants learn how to quit smoking or using chewing tobacco. The classes are FREE and are held at The Heart Center at Rideout, Cardiology Education Room, 725 4th Street, Suite 200 in Marysville. This 4 class series is from 5:30 to 7 p.m. Please call Cardiac Rehabilitation at 749-4458 or Bob Norton at 695-2846 for reservations and more information.

Yuba County Health and Human Services Department all classes begin at 12 p.m. on Tuesdays and Thursdays at the Packard Center facility in Marysville and will be taught in English. To register please call Yuba County Public Health Division at (530) 749-6366.

Fremont-Rideout Health Group is a system of three acute-care, not-for-profit hospitals: Rideout Memorial Hospital, Fremont Medical Center; the Heart Center at Rideout, the Cancer Center affiliated with UC Davis and a host of ancillary services including senior living, Alzheimer's care, home health, hospice and durable medical equipment, located throughout Yuba-Sutter. Fremont-Rideout's health system employs more than 2,000 employees and has approximately 263 physicians on the medical staff.