

"I had smoked for 35+ years and finally decided it was time to quit. I have had heart problems for many years, having had 4 heart surgeries, one of which was to fix an aortic aneurysm, that unfortunately ruptured during surgery causing paralysis in my legs leaving me unable to walk. I also have high blood pressure which I take medication for daily. I still continued to smoke for many years after all of this. My heart doctors would always talk to me about the effects of smoking on my heart and blood pressure, even giving me brochures on the Freedom From Smoking classes, but I basically would just toss them aside. I also had a brain aneurysm in 2002, but yet, I continued to smoke knowing I was walking a dangerous path because of my health issues.



Then one day I happened to run into a friend that worked at our local hospital, who was working with someone at our local health department teaching the smoking cessation classes. I told her to give me a call when the next class starts. A couple months later she called and I decided, what the heck, I'll give it a shot. After all, what's the harm? If I decided I didn't like it, I could always stop going. Well, thank goodness I didn't do that! A week into the class, I smoked my last cigarette. That was October 1, 2019, and I've been smoke free ever since. I feel so much better, I breathe better, and my blood pressure is the best it's been in over 30 years. I'm so glad today I made that decision to give the Freedom From Smoking classes a shot.



Signed: Mark Perry  
4/12/2022

I've recommended it many of my friends and relatives who smoke and will continue to recommend it to ANYONE who wants to quit smoking. I enjoy telling my story to anyone, anytime in the hope that it will encourage people to give it a shot. It's worth it and it definitely works. After all, I smoked for over 35 years and here I am, 2 1/2 years smoke free and hopefully many more to come! Thank you, Theresa Spaw and Shirley Robertson Daulton, for giving your time to teach the class and helping me so much in my journey. And thank you to all my friends and family that gave me so much support and putting up with me on some of my most grumpy days.

I'd like to thank my brother Rodney Perry; my sister, Luann Stephen, even though she lives in Florida and I'm in Kentucky, her support via phone calls were a huge help; finally, Rick and Nona Mann, Doug and Nora Reese, and Isaac and Deah Claywell, all of whom are just like my family as well. All of these folks are a major part of me being where I am today. TOBACCO FREE! Thank you all so much!!"