



STOP SMOKING

Dr. David M. Halinski, a Board certified pulmonologist and critical medicine physician of Vicksburg's River Region Health System, educated a crowd of over 70 people attending OutPatient Medical Center's Smoking Cessation public health forum recently at the Tallulah Community Center. Dr. Halinski discussed five keys for quitting -- get ready, get support and encouragement, learn new skills and behaviors, get medication and use it correctly and be prepared for relapse or difficult situations. This public health forum was also sponsored by the Madison Parish Hospital, Delta Home Care, Patient's Choice Hospice and the City of Tallulah.