



**FOR IMMEDIATE RELEASE**

**July 21, 2026**

**Media Contact: Shannon Phillips**

**Abshire Public Relations**

**912.695.7881**

[pr@abshirepr.com](mailto:pr@abshirepr.com)

**Liberty Regional Medical Center Partners with The American Lung Association to  
Launch Freedom From Smoking Group Quit Program**



*Andy Van Epps, RRT-ACCS, RRT-NPS, AE-C, Freedom From Smoking Facilitator*

**HINESVILLE, Ga.** – [Liberty Regional Medical Center](#) (LRMC) is partnering with the [American Lung Association](#) to offer the **Freedom From Smoking Group Quit Program**, an evidence-based, eight-week smoking cessation program designed to help individuals quit tobacco for good. The program begins **Tuesday, August 4th at 6:30 p.m.** at Liberty Regional Medical Center and is open to members of the community who are ready to take the first step toward a healthier, smoke-free life.

The program will be led by Andy Van Epps, RRT-ACCS, RRT-NPS, AE-C, a registered respiratory therapist in LRMC's Cardiopulmonary Department. Van Epps recently earned his Freedom From Smoking Facilitator Certification, readying him to guide participants through proven strategies, practical tools and ongoing support to help them successfully quit smoking.

"Quitting smoking is one of the most important decisions a person can make for their health, but it's also one of the hardest," said Van Epps. "I'm honored to lead the Freedom From Smoking program and look forward to supporting our community as they take this important step toward a smoke-free future."

Developed by the American Lung Association, the Freedom From Smoking® program has helped thousands of people quit smoking through a structured approach that combines education, behavioral strategies, and peer support.

Those interested in participating are encouraged to register in advance as space is limited. To register call **912-369-9448** or email [andyvan@libertyregional.org](mailto:andyvan@libertyregional.org).

**ABOUT LIBERTY REGIONAL MEDICAL CENTER:** Liberty Regional Medical Center is a trusted, community-centered healthcare provider committed to delivering high-quality, patient-focused care to the residents of Liberty County and the surrounding region. As a vital part of the community, LRMC offers a comprehensive range of medical services supported by advanced technology, skilled providers, and a compassionate care team. Rooted in a mission to serve, LRMC is dedicated to improving health outcomes through innovation, accessibility, and meaningful community partnerships. With a focus on treating every patient like family, Liberty Regional Medical Center is proud to provide care that is not only close to home, but built for the community, by the community.

###