

Tobacco Treatment Resources

70% of the current smokers want to quit, but many need help. With Michigan's new Smoke Free Workplace laws now in place, these help resources become more and more important. Do yourself a favor and seek help today.

Tobacco Information & Prevention Source (TIPS)

Centers for Diseases Control

<http://www.cdc.gov/tobacco>

Quit Net

<http://www.quitnet.com>

American Cancer Society

www.cancer.org

American Lung Association

<http://www.lungusa.org>

Helios Health

<http://www.helioshealth.com/quitsmoking>

Why Quit

<http://whyquit.com>

Cessation Seminars

American Legacy Foundation provides information on how to quit smoking. For free information call 1-800-QUIT-NOW or go their website at

<http://www.becomeanex.org/>

"Tobacco Cessation"

Access Health

Group or individual help with health coach for Access Health members - Acupuncture available

Call 231-728-5180

"Tobacco Free" Smoking Cessation

Public Health-Muskegon County

Monthly 4-week cessation seminars

231-724-6350

"Worksite Smoking Cessation Program"

Public Health-Muskegon County

231-724-6350

On-Line

"Freedom from Smoking" - American Lung Association

www.ffsonline.org

Michigan Tobacco Quit Line

1-800-480 7848 (QUIT)

Cessation Supports

"Chinese Herbs and Acupuncture"

Private, fee-based practice

Daniel J. Wright

231-767-9568

"Hypnosis for Smoking Cessation"

Emerging Paths

Nominal fee-based service. Private. One session with follow-up tape provided.

Call for details. Diane Wiegand 231-727-2901

Faith-based outreach

HealthCARE

Collaborating with 25 area churches

Educational awareness including tobacco prevention

231-733-2128

"Smoker's Quit Kit"

Offers helpful information to quit smoking and to stay a "Proud Non-Smoker."

Call 231-672-3201 or 231-724-6350

231-672-3201

Out-of-Town

Holland Community Hospital

"Leave the Pack Behind"

FREE 7-week seminar

Priority Health Building, 250 E. 8th Street, Holland, MI 49423

616-394-3344

"Tobacco Free for Good"

Tobacco Free Partners of Grand Rapids

FREE 6-week seminar at varying locations in the greater Grand Rapids area.