

CUT LOOSE!



Freedom From Smoking Classes

Northern Michigan Hospital

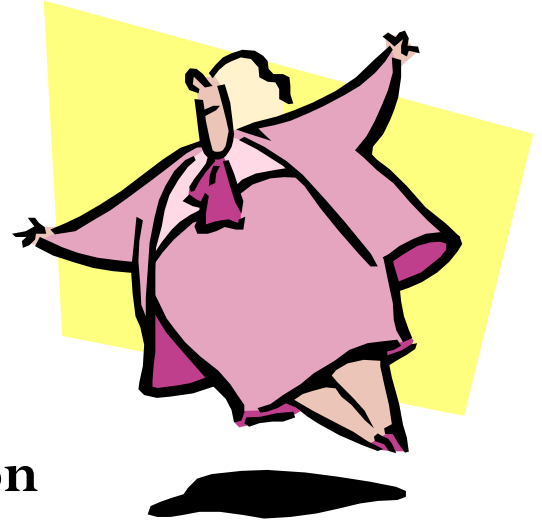
Call Northern Michigan Hospital Health Access to Register
1-800-248-6777

Charlevoix Area Hospital

call 231-547-8672 for more

Otsego Memorial Hospital

call 989-731-2124 for more information



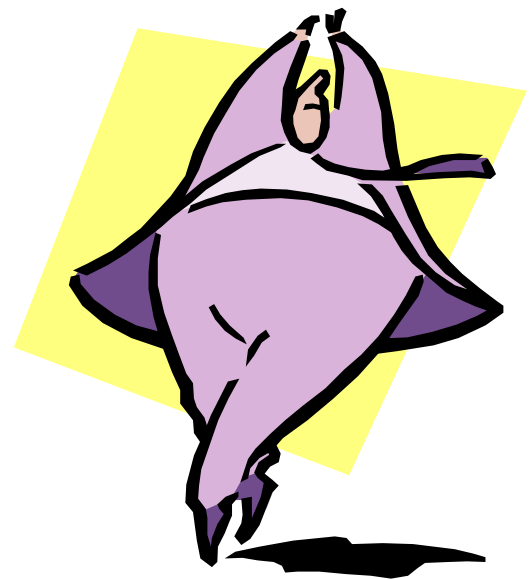
The **Michigan Department of Community Health** offers a free quit smoking coaching hotline call *iCanQuit* at 1-800-480-7848. It provides the caller up to seven phone sessions with a personal health coach who will work with the caller in the comfort of their home or office.

The **Michigan Department of Community Health** also offers free quit kits and toolkits for employers who want to implement a smokefree workplace policy. Call 1-800-537-5666 to order. Visit

www.michigan.gov/tobacco

The **American Cancer Society** offers printed material and sponsors the Great American Smokeout on the third Thursday in November. Call 1-800-227-2345 or visit

www.cancer.org



The **American Lung Association** offers quit smoking classes, printed material, a cessation website, and cessation facilitator training. Call 1-800-586-4872 or visit www.lungusa.org for referral to Freedom from Smoking Classes in Grand Traverse County.

Nicotine Anonymous: 415-750-0328 or
www.nicotine-anonymous.org

QuitNet Online Smoking Cessation:
www.quitnet.com. Basic services are provided free. Enhanced services can be purchased for employees.



National Center for Chronic Disease Prevention & Health Promotion
www.cdc.gov/tobacco/how2quit.htm

The Surgeon General's Tobacco Cessation Guideline
www.surgeongeneral.gov/tobacco/

www.smokefree.gov/
Online guide to quitting

1-800-QUITNOW (1-800-784-8669)
National Network of Tobacco Cessation Quitlines