



Quit Tobacco & Nicotine

Cigarettes, E-Cigs or Chew

Let us help you quit for good!

- Classes in Fremont and Newaygo
- Individual coaching to fit your needs
- Free month pass to Tamarac

We will help you

- Find the best nicotine replacement for you (patch, gum, lozenge, inhaler)
- Ask your primary care provider for prescriptions that can help you quit tobacco

Special programs for

- Youth
- Pregnant moms
- Families who want to quit together

We have the tools to help you quit!

Call 231.924.7589

Sally Wagoner, RN, TTS

Tobacco Treatment Specialist

Benefits of quitting:

- 3 months - breathe easier, cough less
- 1 year - heart disease risk is cut in half
- 5 years - cancers of the mouth, throat, esophagus and bladder are cut in half
- 10 years - lung cancer risk is cut in half



Other Tobacco Quit Resources

Call or go online for information and help.
Sign up for TEXT support and apps.

District Health Department #10

231.689.7300

Michigan Quitline

800.QUITNOW (800.784.8669)

Michigan.quitlogix.org

Military Quit Help

UCanQuit2.org

TRICARE North Region 866.459.8766

American Indian Commercial Tobacco Quit Line

855.372.0037

americanindian.quitlogix.org

Smoke-Free & Smoke Free for Women

smokefree.gov

women.smokefree.gov

Remember

- Smoking during pregnancy can cause problems for your baby, like premature birth
- Chew and snus cause cancers of the mouth, tongue and throat even in young people
- Children and pets can get cancer and lung disease from your second- and third-hand smoke

Help yourself, help your family!

(Educational Presentations Available)

Spectrum Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. [81 FR 31465, May 16, 2016; 81 FR 46613, July 18, 2016]

ATENCIÓN: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.844.359.1607 (TTY: 711).

إذا كنت تتحدث اللغة العربية، فبإمكانك الحصول على المساعدة اللغوية المتاحة مجاناً.
اتصل على الرقم 1.844.359.1607 (TTY: 771).