

Did you know?

3000 teens start smoking everyday. 1000 will die early as a result of this choice.

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Area Stop Smoking Resources:

Stark County Finally Free Group - Nicotine Anonymous

Monthly meetings 7:30 pm Thursdays
St. Steven Martyr Lutheran Church 4600 Fulton Dr.
330-606-9904

www.cantonmercy.org/smoking-cessation

Tobacco Free “U”

Mercy Medical Center - Pulmonary Rehabilitation
330-489-1270 for next set of classes for the 6 week program

Smokefree.gov

Tips for healthy eating, preparing to quit, craving management, health tips by text message, Free **quitting app** for IOS or Android.

“Give it Up!” Tobacco Cessation

Aultman Hospital - Cardiac Rehabilitation
330-363-QUIT (7848)
www.aultman.org

Quit Smokeless Tobacco

Cancer.org/healthy/stayawayfromtobacco

Ohio Tobacco Quit Line

800-Quit-Now
Free Counseling & Support
www.odh.ohio.gov
Online Self Help: <http://Ohio.quitlogix.org>

Enroll in Medical Mutual of Ohio Smoking Quitline

866-845-7702
Coaching sessions, support line

Other resources:

If you smoke & are pregnant call 866-667-8278
Self Help materials are available at the Stark County Health Dept. 330-493-9904
www.quitnet.com for personalized quitting tools, online help from ex-smokers. There's even an app for that!

<https://www.ucanquit2.org/>