



SMOKING CESSATION

MAKE THE DECISION TO QUIT TOBACCO.

If you or a loved one are among the 34 million adults who smoke cigarettes in the U.S. and want to quit smoking, either for the first time or to make another attempt, do not give up. There is help.

MICHIGAN TOBACCO QUIT-LINE:

1-800-QUIT-NOW

Education, coaches, plans for quitting, nicotine replacement products for those who qualify and referrals to local resources to help you quit using tobacco.

HOW TO QUIT TOBACCO

American
Cancer Society

cancer.org



FREEDOM FROM SMOKING®

American Lung
Association

lung.org



 **McLaren**
PORT HURON

DOING WHAT'S BEST.™