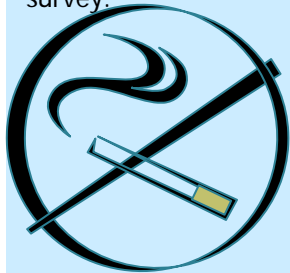


You know why....

Nicotine is one of the most addictive drugs, even more addictive than heroin. Cigarettes are nothing more than a legal drug delivery system. Most smokers need assistance in coping with weaning themselves from nicotine addiction and habit. There are a number of programs available in the Muskegon area to assist with your decision.

Fewer than 21 % of Americans were current cigarette smokers, according to a 2008 national survey.



Of those smokers, 70% want to quit. Now with Michigan's smokefree workplace law and Muskegon's smokefree regulation, workers are protected from secondhand smoke.

Children, and household members, however, may still be at risk from secondhand smoke. 3,000 deaths are caused each year from secondhand smoke with 50,000 deaths from heart disease in non-smokers. Children exposed to secondhand smoke suffer more respiratory diseases and ear infections. Children who suffer from asthma should never be exposed to secondhand smoke.

Do yourself a favor and seek help today.

Other Resources

- Environmental Protection Agency. Website on indoor air quality and secondhand smoke
<http://www.epa.gov/smokefree/index.html>.
- Learn how to become an EX. Call 1-800-QUIT-NOW or visit www.becomeanex.org for free information about how to quit smoking from the American Legacy Foundation.
- Center of Disease Control Tobacco Information and Prevention Source (TIPS)
www.cdc.gov/tobacco
- Quit Net at www.quitnet.com
- American Cancer Society www.cancer.org
- American Lung Association
www.lungusa.org
- Drug Free Communities
www.drugfreecommunities.com

MUSKEGON COMMUNITY
HEALTH PROJECT

565 W. Western Avenue
Muskegon, MI 49440
Phone: 231-672-3211
Fax: 231-672-8404
E-mail: powerscl@mchp.org



Community Partner

MUSKEGON COMMUNITY
HEALTH PROJECT

Tobacco Treatment Programs

You know why you need to quit...

Here are programs that will help...



Tel: 231-672-3211

Here's how...

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>

On-Line

"Freedom from Smoking" - American Lung Association

<http://www.ffsonline.org>

Michigan Tobacco Quit Line
1-800-480 7848 (QUIT)

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"

Cessation Classes

Access Health

Group or individual help with health coach for Access Health members
Call 231-728-5180

Out-of-Town

Holland Community Hospital

"Leave the Pack Behind"

FREE 7-week classes

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.

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

Lakeshore Lung Program

In collaboration with

Know Smoke Coalition

565 W. Western Avenue

Muskegon, MI 49440

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