

Are you ready to Quit? Tobacco Quiz

- Have you ever tried to quit using tobacco?
- Does your smoking or tobacco use cause health problems?
- Does your tobacco use cause problems at home?
- Are you tired of tobacco ruining your life?
- Has your doctor told you to quit?
- Do you really want to quit?
- Are you concerned for your loved ones?

If you said **YES** to any of these questions, you are ready to quit. We can help you!

Meet our Certified Tobacco Treatment Specialists



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If you're ready to make a change, we're here to help you!



Are You Ready?

Living a Tobacco-Free Life





Tobacco Cessation Services

Cessation services are offered by Certified Tobacco Treatment Specialists (CTTS) in a personal setting. CTTS have been trained specifically in the area of nicotine addiction and they will meet with you one on one to develop a personalized quit plan. This program will provide you with the tools and support that you need to successfully quit tobacco use.

Call today for your appointment!

*We accept all insurance including Medicare & Medicaid
**\$24 for uninsured

Benefits of Quitting Tobacco Use



20 minutes

after quitting drops heart rate and blood pressure! It only gets better!

Save Money

Lots of money can be saved by not buying tobacco products!

*\$6500/year



Loved Ones

Family and friends benefit from not inhaling secondhand smoke!



Quitting is Hard, We Know.

Nicotine is even more addictive than cocaine or heroin. Many experience withdrawal symptoms, but we are here to help.

Smoking is a habit. People have the tendency to smoke when feeling stressed, unhappy or bored. Our trained Tobacco Treatment Specialists help get rid of this habit.

Healthy Mom, Healthy Baby!

Our Tobacco Treatment Specialist can work specifically with pregnant mothers!

- Reduces the risk of health problems in the last 3 months of pregnancy
- Lowers the chance of having a baby born too early
- Increases the chances your baby will have a normal weight at birth
- Lowers the risk of Sudden Infant Death Syndrome (SIDS)

