

Stop Smoking Programs

Central Ohio

Grant Hospital Health and Fitness Center

- Eight group sessions that prepare the smoker to quit
- Sessions held once a month at Grant Health and Fitness Center
- Open to all residents
- To find out more, please call (614) 566-8272

Ohio Health

- American Lung Association's Freedom From Smoking® program
- To find out more, please call (614) 544-8338

Ohio Tobacco Quit Line

- Free counseling to uninsured, Medicaid recipients, pregnant women and members of the Ohio Tobacco Collaborative
- Nicotine Replacement Therapy may be available to those who qualify
- Call 1-800-QUIT-NOW to learn more and to enroll

The Breathing Association

- Stop smoking program for families that meet HEAP guidelines
- To learn more, please call (614) 457-2997

Total Wellness Concepts LLC

- Individual or group assistance
- Accept Medicare, Medicaid, and self-pay
- To find out more, please call (614) 414-0249

Westerville Wellness Collective

- The American Lung Association's Freedom From Smoking® program
- To find out more, please call (614) 523-3213

Miami Valley Smoking Cessation Program

- A free 5-week program for all residents of the Miami Valley
- To find out more, call (937) 496-6959

Other Stop Smoking Resources

American Cancer Society®

- Go to <http://www.cancer.org/Healthy/StayAwayfromTobacco/index>
- Call the Help Line at 1-800-227-2345, Monday-Friday, 9:00 a.m.-7:30 p.m. EST

American Lung Association®

- **Lung HelpLine:** 1-800-LUNG-USA, Monday-Friday, 8am-8pm EST
- You can e-mail questions to the HelpLine at: questions@alacallcenter.org

Nicotine Anonymous

- A non-profit 12-step support and recovery program to help anyone who would like to stop using tobacco and nicotine products.
- Please visit www.nicotine-anonymous.org or call 1-877-879-6422 to find meetings in your area.

Online Resources

The American Legacy Association

- A quit smoking online program that helps you re-learn life without cigarettes
- Please visit <http://www.becomeanex.org/> to register and learn more about the program

American Lung Association® Freedom from Smoking® Online

- An online program designed for adults who want to quit smoking
- Please visit www.ffsonline.org to register and learn more about the program