

# Want to Quit Smoking?

*We want to help you succeed!*



Smoking is the #1 risk to your health. Although it may be tough, there are many health benefits when you stop using tobacco. You can save money too! The information below can help you find a cessation program that is best for you. Don't give up! Most people try to quit about 7 times before they succeed. If you need additional resources, please contact the Stark County Health Department at 330-493-9904.

## Cessation Services Available in Stark County

### Ohio Tobacco Quit Line

800-QUIT NOW (784-8669)  
FREE counseling & support  
[www.ohioquits.com](http://www.ohioquits.com)

### Tobacco Treatment Program

Mercy Medical - Pulmonary Rehabilitation  
330-489-1270 for next set of classes

### Freshstart® Smoking Cessation Program

Attendees must attend 4 one-hour sessions.

Dates and times vary. Contact your local hospital to sign up!

- Affinity Medical Center - Doctors Hospital & Massillon Community Campus  
330-837-6818
- Alliance Community Hospital  
330-596-7125 or [bhatton@achosp.org](mailto:bhatton@achosp.org)
- Aultman Hospital - Cardiac Rehabilitation  
330-363-6290

### Mind Matters

Hypnosis and counseling for individuals  
330-966-8086 or [www.mind-matters.net](http://www.mind-matters.net)

### Laser Innovations

Hypnosis with laser acupuncture.  
330-491-1880 or [www.stopsmokingexperts.com](http://www.stopsmokingexperts.com)

### Additional Resources:

[www.smokefree.gov](http://www.smokefree.gov)

American Lung Association      800-586-4872      [www.ohiolung.org](http://www.ohiolung.org)

American Cancer Society      888-227-6446      [www.cancer.org](http://www.cancer.org)

If you smoke and are pregnant      866-66-START or 866-667-8278