

TOBACCO CESSATION RESOURCES

HEALTH AND WELLNESS CENTER (HAWC)

Tobacco Cessation Classes are held monthly and are open to all base personnel. Please call 904-9355 to register and get information. Additional information is available at the HAWC website at <http://wpmc1.wpafb.af.mil/pages/hawc>.

NICOTINE ANONYMOUS

Nicotine Anonymous is a fellowship of men and women helping each other to live free of nicotine. Meetings are free and open to anyone who desires to quit using nicotine. Meetings in other areas can be located on the internet. Please call the contact person to assure the meeting site is still active.

Monday 6PM
Greenmont Oak Park Community Church
1921 Woodman Drive
Dayton, OH
Contact Joe Stupakiewicz. 256-9432

AMERICAN LUNG ASSOCIATION

Information is available online, by phone, by mail and as programs in your local area.

1-866-QUIT-YES Free quit line with counseling available 8am-7pm, Mon-Fri.
Freedom From Smoking Online www.lungusa.org/ffs
Hypnosis Program for Stop Smoking or Weight Loss

1-800-LUNG-USA
www.lungusa.org
www.ohiolung.org

Dayton Area Office 291-0451

AMERICAN CANCER SOCIETY

www.cancer.org/tobacco 1-800-ACS-2345
Great American Smokeout- third Thursday of November

AMERICAN HEART ASSOCIATION

www.americanheart.org

OHIO TOBACCO QUIT LINE

1-800-934-4840

Ohio Tobacco Quit Line services are offered to the deaf and hard of hearing community at TTY: 888-229-2182.

*Other options for quitting tobacco can be located through the health department or area hospitals.

*Current as of 18 February 2004