

Live Tobacco Free in Newaygo County

Local Resources

Freedom From Smoking	8-week group class to help people quit smoking	(231) 689-7300	1049 Newell White Cloud, MI 49349 http://www.dhd10.org/
District Health Department #10	Tobacco Treatment Specialist- One on One counseling	(231) 316-8558 (Holly) or (231) 305-8659 (Karen)	1049 Newell White Cloud, MI 49349 http://www.dhd10.org/
White Cloud Family Health Care Pharmacy	Free one-on-one pharmacy consultations with patients from Family Health Care. Conversation about prescription options, free product (or can bill insurance) with weekly follow up from pharmacist.	(231) 689-6677	1035 E Wilcox Ave White Cloud, MI 49349
Grant Family Health Care Pharmacy	Free one-on-one pharmacy consultations with patients from Family Health Care. Conversation about prescription options, free product (or can bill insurance) with weekly follow up from pharmacist.	(231) 834-0444	11 N Maple St Grant, MI 49327
Spectrum Health Gerber Memorial	Freedom From Smoking and Tobacco Treatment Specialist.	(231) 924-7589	Sally Wagoner: sally.wagoner@spectrumhealth.org

Telephone Resources

Michigan Tobacco Quitline	A toll free, confidential program to help people quit using tobacco. Free counseling, information and support services.	1-800-784-8669 https://michigan.quitlogix.org/
---------------------------	---	---

Online and Mobile Resources

Become an Ex	Online and mobile app FREE to use. Includes access to an online community and a quit plan.	www.becomeanex.org
Freedom From Smoking Online	Online tobacco cessation modules. Work at own pace. Adaptions from FFS face-to-face classes.	www.ffsonline.org
QuitNet	An Internet-based service designed to help individual tobacco users through the quitting process. Uses evidence based methods and individualized quit plans to help you quit.	www.quitnet.com