

ARE YOU READY
TO QUIT?

Tobacco Treatment Program

WE'RE HERE
TO HELP!



What is the Tobacco Treatment Program?

- Free program for individuals or groups interested in quitting tobacco
- Trained Tobacco Treatment Specialists assist you on your journey to quit tobacco
- Helps you understand the effects of tobacco and nicotine on your health
- Provides support while you make a personal plan to quit
- Works with health care provider to get medical support as you quit (i.e. Nicotine Replacement Therapy and/or medications) that help you succeed at becoming tobacco free

OUR TOBACCO TREATMENT SPECIALISTS:

- **Maegan Sorenson** (Crawford, Kalkaska)
231-876-3811 | msorenson@dhd10.org
- **Grace Richardson** (Manistee, Mason, Oceana)
231-316-8583 | grichardson@dhd10.org
- **Lacey Morris** (Lake, Mecosta, Newaygo)
231-305-8673 | lmorris@dhd10.org
- **Angie Gullekson** (Missaukee, Wexford)
231-876-3813 | agullekson@dhd10.org

LIVE  **WELL**

[www.livewell4health.org/
tobacco-cessation](http://www.livewell4health.org/tobacco-cessation)



**District Health
Department #10**
Healthy People, Healthy Communities

www.dhd10.org

**MICHIGAN
TOBACCO QUITLINE**

1.800 **Quit.Now** **784.8669**

A free bilingual call center offering 24/7 support to adults and youth (ages 13-17)