

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

**eFax a Tobacco Treatment Specialist  
today: 231-305-0005**

**Now serving all 10 DHD#10 Counties:**

**Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta,  
Missaukee, Newaygo, Oceana, Wexford**

**LIVE WELL**

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



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

[www.dhd10.org](http://www.dhd10.org)

**MI TOBACCO  
Quitlink**  
We can help you live tobacco-free.

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