

# Live Tobacco Free in Kalkaska County

## Local Resources

Freedom From Smoking	8 week group class to help people quit smoking	231-258-8669	625 Courthouse Drive Kalkaska, MI 49646 <a href="http://www.dhd10.org/">http://www.dhd10.org/</a>
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## 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 <a href="https://michigan.quitlogix.org/">https://michigan.quitlogix.org/</a>
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## Online and Mobile Resources

Become an Ex	Online and mobile app FREE to use. Includes access to an online community and a quit plan.	<a href="http://www.becomeanex.org">www.becomeanex.org</a>
Freedom From Smoking Online	Online tobacco cessation modules. Work at own pace. Adaptions from FFS face-to-face classes.	<a href="http://www.ffsonline.org">www.ffsonline.org</a>
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.	<a href="http://www.quitnet.com">www.quitnet.com</a>



**The heart attack rate for smokers is 70 percent higher than for nonsmokers. But, believe or not, just one full day after quitting smoking, your risk for heart attack will already have begun to drop.**

<http://www.healthline.com/health-slideshow/quit-smoking-timeline#5>