

programs, and services that encourage them to abstain from the use of tobacco products.

Tobacco Treatment Resources:

1. Campaign for Tobacco Free Kids – www.tobaccofreekids.org
2. The American Lung Association – www.lungusa.org
3. The American Cancer Society – www.cancer.org
4. The Centers for Disease Control – www.cdc.gov/tobacco
5. Tobacco Free U - www.tobaccofreeu.org
6. My Last Dip – www.mylastdip.com
7. Kill The Can – www.killthecan.org
8. Become an Ex – www.becomeanex.org
9. National Cancer Institute's Quitline – www.cancer.gov/cancertopics/smoking
10. Medline Plus® - www.nlm.nih.gov/medlineplus/quittingsmoking.html
11. www.smokefree.gov/
12. www.surgeongeneral.gov/tobacco/
13. www.helpguide.org/mental/quit_smoking_cessation.htm
14. <http://whyquit.com/>
15. Julie Rogers Gift of Life Program – www.giftoflifebmt.org/
16. Christus Hospital: FRESH START – Tobacco Cessation Program

Want to stop smoking or stop using tobacco products? Make a FRESH START!

Fresh Start is a cessation program lead by trained, degreed health care professionals, and is designed to assist anyone who desires to make a fresh start from tobacco.

To register, call 1-866-683-3627 toll-free.

COST: This program is offered at no cost!