

# Live Smoke Free



## Smoking Cessation Programs

### Nicotine is one of the most addictive drugs, even more addictive than heroin.

Cigarettes are nothing more than a legal drug delivery system. Most smokers need assistance in coping with weaning themselves from nicotine addiction and habit. There are a number of programs available to assist with your decision.

*Fewer than 21% of Americans are current cigarette smokers, according to a 2008 national survey.*

Of those smokers, *70% want to quit.*

Now with Michigan's smoke-free workplace law and Muskegon's smoke-free clean indoor air regulation, workers are protected from secondhand smoke.

*Children, and household members, however, may still be at risk from secondhand smoke.* 3,000 deaths are caused each year from secondhand smoke with 50,000 deaths from heart disease in non-smokers. Children exposed to secondhand smoke suffer more respiratory diseases and ear infections. Children who suffer from asthma should never be exposed to secondhand smoke.

### Local Tobacco Cessation Support

- **Access Health**  
Monthly tobacco cessation classes for Access Health clients or free to the public with 12 hours of volunteer time. Call Amy Forward at 231.766.7101 for information.
- **Chinese Herbs and Acupuncture**  
Private, fee-based practice. Call 231.767.9568.
- **Freedom From Smoking Class**  
Held two times per year. Call Cyndi Powers at 231.672.3211 for information.
- **Hypnosis for Smoking Cessation**  
Emerging Paths offers private, nominal fee-based service; one session with follow-up tape provided. Call 231.727.2901.
- **Quit & Fit**  
Holland Community Hospital provides \$45 four-week classes with scholarship program. Call 616.394.3344.

### Phone Quit Line and Online Quit Support

- Michigan Tobacco Quit Line: 1.800.784.8669
- SmokeFree.gov
- Freedom From Smoking: FFSonline.org
- QuitNet.com
- BecomeAnEx.org

### Other Resources

- Environmental Protection Agency: EPA.gov/smokefree
- Centers for Disease Control and Prevention: CDC.gov/tobacco
- American Cancer Society: Cancer.org
- American Lung Association: LungUSA.org
- DrugFreeCommunities.com
- Lakeshore Lung Association in collaboration with Knowsmoke Coalition: 231.672.3211