



2019 Tobacco Cessation Resources

FREE Tobacco Cessation Classes: 1-888-569-1000

AtlantiCare Health Engagement offers free tobacco cessation classes. Learn more about; developing a quit plan, tobacco cessation medications, coping with common triggers and much more.

<u>AtlantiCare- City Campus</u>	<u>AtlantiCare- Mainland Campus New Café</u>	<u>LifeCenter- Egg Harbor Township Conference Room</u>
<ul style="list-style-type: none"> • March 11th 10a-11a- Friendship Pavilion Classroom • October 22nd 12p-1p- Broomall 	<ul style="list-style-type: none"> • January 22nd 12p-1p • May 7th 9a-10a • September 18th 9a-10a 	<ul style="list-style-type: none"> • June 18th 5p-6p • July 18th 5p-6p

Wellness Coaching, AtlantiCare Employees and Spouses/Partners: 609-677-7507 or wellness@atalnticare.org

Telephonic wellness coaching is available to AtlantiCare employees and spouses/partners for tobacco cessation, weight management, stress management and nutrition **FREE** of charge.

Atlantic Prevention Resources Quit Center: 609-796-4140

Free treatment for tobacco users ages 18+. Tobacco treatment specialists available via phone or in person, 6-week group counseling sessions and free nicotine replacement therapy services available.

NJ Quitline: 1-866- NJSTOPS / 1-866-657-8677

NJ Quitline is a free telephone-counseling service for smokers who are ready to stop. Call today and speak with your own quit coach. No matter which quit method you choose the Quitline can more than double your chances for success.

<http://njquitline.org/>

Stop Smoking Medication Discount: 1-877-233-3866

Stop smoking medication discount cards are available for all New Jersey residents. www.newjerseydrugcard.com

Smokefree.gov: 1-800-QUIT-NOW

Smokefree.gov is intended to help you or someone you care about quit smoking. Different people need different resources as they try to quit smoking cigarettes. The information and professional assistance available on this website can help to support both your immediate and long-term needs as you become, and remain, a non-smoker. <http://smokefree.gov>.

American Lung Association: 1-800-586-4872

This website has helpful resources focused in working to save lives by improving lung health and preventing lung disease, through research, education and advocacy. <http://www.lung.org>

American Cancer Society

This website is dedicated to helping persons who face cancer. Supports research, patient services, early detection, treatment and education. www.cancer.org