

# SMOKING CESSATION INFORMATION

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## **LOCAL SMOKING CESSATION SERVICES:**

### **American Lung Association**

1-800-LUNG-USA

909 12th St.

Sacramento, CA 95814

Type of Service: Freedom From Smoking 7-week class held at Kaiser facilities in Sacramento, Roseville, & Rancho Cordova.

Cost: \$25.

### **Sierra Nevada Memorial Hospital**

#### **Wellness Center**

(530) 274-6124

155 Glasson Way

Grass Valley, CA 95945

Type of Service: 7-week group offered quarterly.

For more information and pre-register, please call 274-6124 or email robin.eidson@snmh.dignityhealth.org

Cost: \$60

## **OTHER RESOURCES:**

California Helper's Smokeline: 1-800-NO-BUTTS: <http://www.nobutts.org/>

California Department of Public Health: <http://www.tobaccofreeca.com/>

Tobacco Control Research Branch of the National Cancer Institute: 1-877-44U-QUIT <http://smokefree.gov/> and <http://teen.smokefree.gov/>

American Lung Association: 1-800-586-4872 <http://www.stateoftobaccocontrol.org/>

The Campaign for Tobacco-Free Kids: <http://www.tobaccofreekids.org/>

American Cancer Society: 1-800-ACS-2345

<http://www.cancer.org/healthy/stayawayfromtobacco/guidetoquittingsmoking/> or <https://www.quitnow.net/Program/>

American Lung Association: 1-800-LUNG-USA <http://www.lung.org/>

### **Nevada County Tobacco Use Prevention Coalition**

The purpose of the Nevada County Tobacco Use Prevention Coalition is to collaborate efforts to plan and implement education and prevention programs, expose the tobacco companies marketing tactics, increase knowledge about tobacco use, and foster healthy families, self reliant individuals, communities, schools, workplaces and unique populations.

Public Health Director

Hours: 8am-5pm M-F

Phone: 530.265.1450

<http://www.mynevadacounty.com/nc/hhsa/ph/Pages/Tobacco.aspx>