

Need Help Kicking the Tobacco Habit?

Marion County

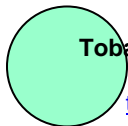
1. **SOS Quit Line** run by Arkansas Division of Health and the UAMS College of Public Health; *call and counseling both free* **1-866-NOW-QUIT** (1-866-669-7848). See over
2. **QuitSmart** or **FreshStart** cessation classes offered to the public. *Free*; call Tobacco-Free Marion County for information (870) 427-2620
3. **Healthcare Professionals** Ahrens Clinic 449-4221; Bailey Clinic 453-2266; Flippin Family Practice 453-2274; Dr. Chamberlain 453-8881; Dr. Davenport 445-4040 or 449-4229; Tucker Family Medicine 445-3296; or the Health Unit 449-4259

Neighboring Counties

1. Baxter County:
 - Baxter County Tobacco Control Board and the Peitz Cancer House. *Free*; call for information (870) 425-4400
 - Hypnosis Therapy. Call for information (877) 525-9315
2. Boone County: "Finally Free From Tobacco." Area Health Education Center. *Free*: call for information (870) 391-3529

On Line or By Phone Nationwide

1. **especially for teens** Gotta Quit A *free*, cool, interactive site to help kids ages 14-18 quit smoking using online help www.gottaquit.com
2. **especially for pregnant women** "Great Start," a *free* quit smoking program jointly sponsored by American Legacy Foundation and the American Cancer Society. 1 (866) 66-START
3. **anyone** American Lung Association's "Freedom From Smoking" *free* quit online program www.lungusa.org/ffs/index.html



Tobacco-Free Marion County
870-427-2620
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www.healthyarkansas.com