Smoking Cessation could be the most important advice you receive here at HCGH!

If you don't smoke, please share this information with someone who does.

Did you know:

- You can improve your health within 8 hours of quitting?
- Even if you take one cigarette from each pack and throw it away – you will be closer to your goal of being smoke-free? (Gradually throw out more and continue the progress.)
- You can focus on the positives of being smoke-free: improved heart health, breathing easier, more energy, improved sense of wellbeing.
- Your physician can assist you in developing your plan of treatment to support you in your goal.
- There are many community resources to support you in your successful achievement of being smoke-free. Some of them are listed here.

Web Resources:

- HCGH: www.hcgh.org
- Howard County Health Department: www.hchealth.org
- American Cancer Society: www.cancer.org

Community Resources

Freedom From Smoking Program
An 8 session program HCGH Wellness Center. Fee $60. 410-740-7601.

Nicotine Anonymous Support Group
Sundays, 5:30 pm, HCGH Wellness Center. Call 410-964-2180.
Wednesdays, 6:30 pm, Serenity Center. 410-884-6088.

Asian-American Anti-Smoking Foundation

Tobacco Cessation Programs
Tobacco cessation programs, acupuncture, behavioral counseling, and nutritional advice for quitting. 410-290-6675.

Howard Community College Students
410-772-4984.

Howard County Health Department
8 week program with medical support. 410-313-6268.