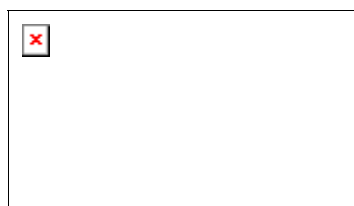


Quit Smoking!

Quit Smoking!

You want to. You need to. And now you can get extra help. You can do it. These quit smoking options are now available from Capital Area Partners for Smoking Cessation.

**Call (517) 887-4315
Today!**



Individual Counseling

A trained, smoking cessation counselor can meet with you to help you quit smoking. You will discuss ways to avoid smoking triggers and find ways to help you get through the first few weeks without smoking.



Nicotine Patches and Gum

Nicotine patches or gum make it easier to quit smoking by reducing withdrawal symptoms. These quit smoking aids are now sold without prescription. Both have been shown to work better combined with stop smoking counseling or classes. Check with your insurance provider to see if it covers nicotine patches.

Support Groups

Support groups can provide extra support to help you quit smoking. Meetings consist of two or more people who share their common desire to be smoke-free.

Zyban Support

Zyban is a nicotine-free, prescription drug that has been shown to increase smoking quit rates. Zyban must be prescribed by your physician or nurse practitioner. Patients using Zyban can further benefit by using other stop smoking services along with their use of

Self-Help Quit Kit

Many smokers quit on their own. A comprehensive self-help kit is available for those who want this option.

Phone Support

Call (517) 887-4315 for more quit smoking information and support,

Zyban. Check with your insurance provider to see if it covers Zyban.

including how to choose the method that will work best for you.

Capital Area Partners for Smoking Cessation: (517) 887-4315 Call Today!

For more information, please contact: [Heidi Devereux](#) at: 887-4315.



[Health Promotion Page](#)



[Ingham County website](#) or the



[Health Dept webpage](#)