

# Local Smoking Cessation Programs

## **Tobacco Free For Good**

[www.tobaccofreepartners.org](http://www.tobaccofreepartners.org)  
No cost  
Six sessions, 6 p.m. - 8 p.m.  
Multiple sites throughout Kent County  
(616) 975-0123

## **Nicotine Anonymous**

No cost  
Support group sessions  
Saturday 11 a.m.  
Spectrum Health,  
Kent Community Campus  
(616) 235-1427

## **The Quitters**

2nd and 4th Monday of each month - 6 p.m.  
Saint Mary's Health Care - Wege Building  
300 Lafayette SE  
Grand Rapids, MI 49503

## **Stop Smoking Classes**

\$45.00  
7 - one hour sessions  
Holland Community Hospital  
(616) 394-3344

## **United Life-styles**

\$30.00  
8 - one hour group sessions, ongoing  
United Hospital, Greenville  
(800) 406-4551

---

**American Lung  
Association of Michigan**  
403 Seymour Ave.  
Lansing, MI 48933-1179  
(800) 678-5864  
[www.alam.org](http://www.alam.org)

**American Cancer Society**  
[www.cancer.org](http://www.cancer.org)  
(616) 364-2161

**American Heart Assoc.**  
[www.americanheart.org](http://www.americanheart.org)  
(616) 285-1888

---

**Priority Health Healthy Encounters Quit-line**  
(616) 942-1221 or (800) 446-5674

**Michigan Tobacco Quit-line**  
(800) 480-7848

**National Website for American Lung Association**  
[www.lungUSA.org](http://www.lungUSA.org)

This handout does not take the place of a discussion with your doctor.  
Discuss any questions or concerns you may have with your doctor.