



# Genesee County Health Department

Mark Valacak, M.P.H., Health Officer  
Gary K. Johnson, M.D., M.P.H., Medical Director

**Current Date:** December 9, 2015

**Release Date:** Immediate Release

**End Date:** December 31, 2015

**Contact Person:** Ann Goldon  
Health Educator

**Phone:** (810) 341-5898

**RE:** The Michigan Tobacco Quitline

Now through December 31, 2015, the Michigan Tobacco Quitline is offering free telephone coaching and nicotine replacement therapy to anyone, regardless of insurance status. A quitline coach will work with you to create a quit plan that is best for you.

Special services and information are available for spit tobacco, non-English speaking callers and persons with hearing impairments. The quit line has special help for pregnant women and they earn rewards after every call.

Research shows that while quitting is difficult for most tobacco users, people who use tobacco can increase their success in quitting with help. Quitters are most successful when using a combination of therapies, including resources such as nicotine replacement, counseling, self-help materials, and a strong support network of family and friends.

Get a jump on your New Year's Resolution to quit smoking and call today at 1-800-QUIT-NOW. Visit <https://michigan.quitlogix.org/> for more information or to enroll online.

Our motto is "Better Life Through Better Health."

**Better Life Through Better Health**

**Floyd J. McCree Courts & Human Services Building** ♦ 630 S. Saginaw Street, Ste. 4 ♦ Flint, Michigan 48502-1540

**Burton Branch** ♦ G-3373 S. Saginaw Street ♦ Burton, Michigan 48529

Main Phone 810-257-3612 ♦ Visit us at: [www.gchd.us](http://www.gchd.us)