

## **OHIO ASTHMA COALITION**

<http://ohioasthmacoalition.org>

## **AMERICAN LUNG ASSOCIATION**

### **Lung Help Line**

Call 1-800-LUNGUSA or 1-800-586-4872

To speak with a counselor [www.lung.org](http://www.lung.org)

## **SMOKING CESSATION**

### **Ashtabula County Medical Center**

#### **Freedom from Smoking Program**

Program consists of 6 group sessions.

Call (440)997-6634

### **Ashtabula County Health Department**

Individual Counseling Sessions

Call (440)576-3023 option 2

### **Humility of Mary Health Partners Regional Tobacco Treatment Center**

Locations: St. Joseph New Start Treatment Center, 1296 Tod Ave NW, Warren, Ohio  
St. Elizabeth Health Center, 1044 Belmont Ave., Youngstown, Ohio

Monday-Friday 8:30am to 8:30pm

No final cost to the participant as a result of grant funding and includes counseling and all medications.

Call 1-877-306-5010

### **Ohio Tobacco Quit Line**

Uninsured Ohioans, Medicaid Recipients, Pregnant Women

<http://ohio.QuitLogix.org>

1-800-Quit-Now

1-800-784-8669

# STILL SMOKING?

## If you are interested in quitting, try our SMOKELESS® Program

At University Hospitals Conneaut and Geneva medical centers, we are empowering you to make smarter health choices to help you live a longer, healthier life. We offer an intense five-day program for people who are tired of having cigarettes control their lives.

This approach to smoking cessation uses stress management, positive rewards and reinforcements, attitude transformation, nutrition management, education, motivation and patented negative smoking techniques to help you kick the habit.

### Ashtabula County YMCA

263 W. Prospect Rd, Ashtabula, Ohio 44004



### Get Ready for Liftoff: Introductory Session

May 9 | 5:30 – 7 p.m.

**These next four consecutive classes will give you the skills to be successful**

May 15-18 | 5:30 - 7 p.m.

*To register, please call the YMCA at 440-997-5321 or visit online at [AshtabulaYMCA.org/online-registration](http://AshtabulaYMCA.org/online-registration). There is a \$45 refundable fee upon completion of the class.*



440-466-1141 | [UHGENEVA.ORG](http://UHGENEVA.ORG)