

Guide to Smoking Cessation Resources in Story County



Mary Greeley Medical Center

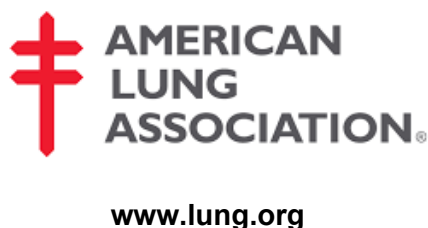
(515)239-6877

First Nurse is available 24 hours a day to assist with questions. Cardiopulmonary Services at MGMC offers one-on-one smoking cessation sessions to assist you in quitting. Appointments are available by calling between 8:00am-5:00pm Monday through Friday at (515)239-2011.

American Cancer Society

(800)227-2345

Guide to Quitting Smoking is a booklet designed to help the smoker quit by helping the smoker plan to stop. It also contains the advice of other smokers who have given up the habit. Additional resources may be viewed on their website or by calling the toll-free number.



American Lung Association

(800)227-2345

Freedom From Smoking classes for those over 18 years of age. This group-facilitated course is seven weeks long and focuses on making healthy smoke-free changes. Additional info can be obtained through Youth & Shelter Services, Inc. at (515)233-3141. The ALA website also contains information regarding the effects of e-cigarette use and vaping on the lungs.

American Heart Association

(800)242-8721

Free brochures titled *Quit Smoking for Good* and *The Effects of Smoking: How Tobacco Use Affects the Cardiovascular System* may be obtained by calling the local office at (515)414-3200 or making an online request. Steps to quit smoking and vaping can be found on their website.



Quitline Iowa

(800)784-8669

Coaching support can be obtained by calling the toll-free number. Quitline Iowa provides advice on creating a plan to quit smoking and can answer any related questions. Quitline offers free materials and follow-up support 24/7 except Thanksgiving, Christmas, and Independence Day.

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