

## Mary Greeley Medical Center

515-239-6877



[www.mgmc.org](http://www.mgmc.org)

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 (515) 239-2011 between 8:00 am and 5:00 pm Monday through Friday at the Medical Center, 1111 Duff Avenue, Ames.

## American Cancer Society

800-227-2345



[www.cancer.org](http://www.cancer.org)

Guide to Quitting Smoking is a booklet designed to help the smoker quit by teaching about smoking, helping the smoker plan to stop and letting the smoker know what to expect after stopping. It also contains the advice of other smokers who have given up cigarettes. Additional resources may be viewed on the American Cancer Society website or by calling the toll-free number.

## American Lung Association of Iowa

800-LUNGUSA



[www.lung.org](http://www.lung.org)

Freedom From Smoking® classes are produced by the American Lung Association and targeted for people ages 18 years and older. These classes are facilitated in a group format and run approximately seven weeks. The classes focus on how to make healthy changes that will help people develop smoke-free lifestyles. If you would like more information about these classes please contact Youth & Shelter Services, Inc. at 515-233-3141. Contact the American Lung Association in Iowa at (515) 309-9507.

## American Heart Association

800-AHA-USA1



[www.heart.org](http://www.heart.org)

The American Heart Association has free brochures available by calling (515) 414-3200 or by submitting a request online. Brochures include Quit Smoking for Good and The Effects of Smoking: How Tobacco Use Affects the Cardiovascular System.

## Quitline Iowa

800-QUITNOW



[www.QUITLINEIOWA.org](http://www.QUITLINEIOWA.org)

When you call the toll-free Quitline Iowa, a knowledgeable, friendly and supportive quit coach will answer your questions about quitting smoking and help you develop your own quit plan. You can also receive free materials in the mail and up to eight optional follow-up phone calls for continuing support. Quitline Iowa is available, 24/7 except Thanksgiving Day, Christmas Day, and Independence Day.

You can quit smoking!

These resources are available to help you succeed and achieve your goal.

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