



# Free Smoking Cessation Classes

## ***Towson University***

In partnership with the Baltimore County Health Department, we will be offering free smoking cessation classes to all students, faculty and staff. Free nicotine replacement therapy and medication is also available through the form of patches, lozenges, gum and Chantix. For more information about the classes or to register please contact Kate Reeder with the Dowell Health Center at 4-2065.

## ***Greater Baltimore Medical Center***

Free quit classes offered Wednesday evenings from 6:00pm-7:00pm. Classes meet for 8 consecutive weeks. To find out more information or to register for an upcoming class please contact Greg Marsalek at 410-256-9492 or [greg@marsalek.us](mailto:greg@marsalek.us). You must be registered to attend class.

## ***St. Joseph's Medical Center***

Fresh Start a 6 week smoking cessation class is offered. For more information or to register for an upcoming class please call the Community Outreach Department at 410-337-1479. You must be registered to attend class.

## ***Harford County Health Department***

Classes are offered year round and are free to those that live in Harford County. Free nicotine replacement in the form of patches, lozenges and gum is available. For more information on the current class schedule or to register call Linda Pegram at 410-612-1781 extension 2503.

## ***Carroll County Health Department***

A variety of support services are offered including group classes, telephone support and individual sessions. Free patches and vouchers towards Chantix are available. For more information visit the Carroll County Health Department website:

<http://www.carrollhealthdepartment.dhmd.gov/healthserv/tobaccoprevent.html>

For More  
Information Contact:

Kate Reeder  
Dowell Health Center  
704-2065  
[kreeder@towson.edu](mailto:kreeder@towson.edu)



# Alternative Smoking Cessation Resources

## Web-based Quit Programs

- American Cancer Society's Freedom From Smoking: <http://www.ffsonline.org/>
- Become and Ex: <http://www.becomeanex.org/>
- Chantix: The Get Quit Support Plan: <http://www.chantix.com/support-plan.aspx>
- Quitnet: <http://www.quitnet.com/expertsystem>
- My Time to Quit: [www.mytimetoquit.org](http://www.mytimetoquit.org)
- Quit Smoking Support: <http://www.quitsmokingsupport.com/>
- Nicotine Anonymous: <http://www.nicotine-anonymous.org/>
- Why Quit: <http://www.whyquit.com/>
- MD Quit- Smoking Stops Here!: <http://www.smokingstopshere.com/>

## Telephone Support Programs:

**American Cancer Society:** 1-800-ACS 2345

**MDQUIT:** 1-800-QUITNOW or 1-888-784-8669

**National Cancer Institute:** 1-877-44U-QUIT

## Instant Messaging:

Check out the National Cancer Institute's live chat for smoking cessation support!

<https://cissecure.nci.nih.gov/livehelp/welcome.asp>

## Hypnosis:

**Baltimore County Stop Smoking Hypnosis Clinic:** Please visit [www.661111.com](http://www.661111.com) or call 410-661-1111 for more information about professional hypnotist, James L. White's, Smoking Clinic. The clinic is located at:

8910 Harford Road  
Baltimore, MD 21234

(located on route 147, exit 31A off the Beltway)

For More  
Information Contact:

Kate Reeder  
Dowell Health Center  
704-2065  
[kreeder@towson.edu](mailto:kreeder@towson.edu)