











## Smoking Cessation Resources

 <p><b>AMERICAN LUNG ASSOCIATION®</b></p> <p><a href="http://www.lung.org/stop-smoking/i-want-to-quit/">http://www.lung.org/stop-smoking/i-want-to-quit/</a>          Help Line: 1-800-LUN-GUSA (1-800-586-4872)</p>	 <p><b>LiveHelp</b> cancer.gov</p> <p>National Cancer Institute Online Chat-Quit Coach</p> <p><a href="https://livehelp.cancer.gov/app/chat/chat_launch">https://livehelp.cancer.gov/app/chat/chat_launch</a></p>
<p><b>WEB</b> <a href="http://Smokefree.gov">Smokefree.gov</a> <b>CALL</b> <b>1-877-44U-QUIT</b></p> <p>National Cancer Institute Quit Line          1-877-44U-QUIT (1-877-448-7848)</p>	 <p><a href="https://nicotine-anonymous.org/">https://nicotine-anonymous.org/</a></p>
   <p>Quitguide App &amp; quitSTART App for 24/7 Help</p>	 <p><a href="http://women.smokefree.gov/">http://women.smokefree.gov/</a></p>
 <p>Wisconsin Women's Health Foundation First Breath Program</p> <p><a href="https://www.wwhf.org/first-breath/">https://www.wwhf.org/first-breath/</a></p>	 <p>1-800-QUIT-NOW (1-800-784-8669)</p>
<p><b>TIPS FROM FORMER SMOKERS</b></p> <p><a href="https://www.cdc.gov/tobacco/campaign/tips/">https://www.cdc.gov/tobacco/campaign/tips/</a></p>	<p>Hales Corners Health Department          January 2017          414-529-6155</p>  <p><b>Public Health</b>          Prevent. Promote. Protect.          Hales Corners Health Department</p>