



## Tobacco Prevention and Quit Resources

### ***Individual, Worksite and Group Quit Tobacco Programs***

Lancaster General Health Wellness Center	1-888-LGH-INFO (544-4636)
Lebanon Family Health Service	717-273-8893
Nicotine Anonymous (support group)	717-314-1510 (ask for Tracey)
PA toll-free Quitline	1-800-784-8669
The Wellness Connection (webcam counseling)	1-800-200-2229
WellSpan Ephrata Community Hospital Wellness Center	717-336-6578

### ***Quit Tobacco/Prevention Resources***

American Cancer Society	<a href="http://www.cancer.org">www.cancer.org</a>
Compass Mark	717-299-2831
Determined to Quit	<a href="http://www.determinedtoquit.com">www.determinedtoquit.com</a>
Lancaster General Health Wellness Center	717-544-3811
Pennsylvania Alliance to Control Tobacco	<a href="http://pactonline.org/">http://pactonline.org/</a>
PA Dept. of Health	<a href="http://www.health.state.pa.us">www.health.state.pa.us</a>
QuitNet	<a href="http://www.quitnet.com">www.quitnet.com</a>
Report stores illegally selling tobacco to minors:	1-888-99-SMOKE
Smokefree Teen	<a href="http://teen.smokefree.gov/">http://teen.smokefree.gov/</a>
SmokefreeTXT	Text QUIT to 47848 from cell phone (free service; rates may apply for unlimited texting plans)
Tobacco-Free Coalition of Lancaster Facebook	<a href="http://www.facebook.com/whytobaccofreelanc">www.facebook.com/whytobaccofreelanc</a>
WellSpan Ephrata Community Hospital Wellness Center	717-336-6578

