

READY TO QUIT? DHD#10 IS HERE TO HELP!

Tobacco Treatment Program

What is the Tobacco Treatment Program?

- Free program for individuals or groups interested in quitting tobacco, vaping, or smokeless tobacco
- Trained Tobacco Treatment Specialists assist you on your journey to quit tobacco products
- Helps you understand the effects of tobacco and nicotine on your health
- Provides support while you make a personal plan to quit
- Works with health care provider to get medical support as you quit (i.e. Nicotine Replacement Therapy and/or medications) that help you succeed at becoming tobacco free

Tobacco Treatment Specialist Team

- Shaun O'Connor
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- Gracie Kierczynski
 - Manistee & Mason Counties
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- Travis Stenger
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For more information scan the QR code or visit
livewell4health.org/tobacco-cessation

We serve all 10 counties! Not seeing your county listed?
Email us: QuitTobacco@dhd10.org

