Resources to Quit Smoking

Kids Thrive 585, Inc.

Community Programs to quit smoking:

American Lung Association "Freedom From Smoking"
Unity Health Pulmonary Medicine
2655 Ridgeway Avenue
Rochester, NY 14626
(585) 368-4533

I Wanna Quit Butt-Emotional Freedom Technique-EFT
Life Script Counseling Service
500 Helendale Rd
Suite 110
Rochester, NY 14609
(585) 704-0376

Mary Sanderson
Living Smoke Free
16 North Goodman St
Suite 227
Rochester, NY 14607
(585) 820-2379

URMC Center for Community Health
Healthy Living Program to Stop Smoking
46 Prince Street, Suite 1001
Rochester, NY 14607
(585) 530-2050

It's Never Too Late to Stop!

When you stop, your body begins to repair itself immediately:

Within 20 minutes
Your heart rate calms down

Within 8 hours
There is more oxygen in your blood. Mucous begins to clear out of your lungs. This makes breathing easier.

Within 48 hours
Things smell and taste better.

Within 3 months
Your blood circulation improves. Your body is better able to fight infections.

Within 9 months
You have less sinus congestion, wheezing, and shortness of breath.

After 1 year
Your risk of dying of a heart attack is cut in half.

New York State Smokers' Quitline: 1-866-NY-QUITS (1-866-697-8487)
The Quitline offers a free and confidential service that provides effective stop smoking assistance.
Telephone coaching is provided in English and Spanish.
Telephone coaching in other languages is also available.
You may be able to get a kit of FREE nicotine replacement medications.

www.nysmokefree.com
The website offers an online community for quitting smoking
There are videos and tips for quitting smoking
If you're a Medicaid member, you can see what stop-smoking medications your insurance covers.

1-866-NY-QUITS (1-866-697-8487)

www.nysmokefree.com

Deaf, Hard of Hearing, and Speech Disabled: Call the NY Relay Service at 7-1-1 (Voice or TTY)

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