

Utah Voluntary Health Agencies Tobacco Cessation Resources

<p>American Cancer Society of Utah 941 East 3300 South Salt Lake City, UT 84106</p>	<p>Contact: Lex Olsen Telephone: (801) 483-1500 ext. 126 Web: http://www.cancer.org/</p>	<p>Adult smoking cessation program;</p> <p>Self-help maintenance manual;</p> <p>"Freedom from Smoking and "Lifetime of Freedom from Smoking" self-help manuals;</p> <p>Pamphlets;</p> <p>Monthly hypnosis sessions</p>
<p>American Diabetes Association of Utah 182 S. 600 E. Salt Lake City, UT 84102</p>	<p>Contact: Tami Featherestone Telephone: (801) 363-3024 ext. 7073 or 1-800-DIABETES Web: http://www.diabetes.org/</p>	<p>Brochures on diabetes and smoking, dieting and meal planning</p>
<p>American Heart Association of Utah 465 South 400 East, #110 Salt Lake City, UT 84111</p>	<p>Contact: Scott Brown Telephone: (801) 484-3838 or 1-800-AHA-USA1</p>	<p>Brochures and pamphlets on smoking and heart disease & weight control & quitting</p>
<p>American Lung Association of Utah 1930 South 1100 East Salt Lake City, UT 84106</p>	<p>Contact: Anne Asher Telephone: (801) 484-4456 or 1-800-LUNG-USA</p>	<p>Smoking cessation – 8 week behavior modification – \$75</p> <p>Pamphlets including secondhand smoke</p> <p>Monthly hypnosis sessions</p> <p>NOT Program in local schools</p>

You don't have to do it alone! There are numerous resources to help you quit and stay quit.

For more information contact the Utah Tobacco Prevention and Control Program
Telephone: 1.877.220.3466 or go to our website: <http://www.tobaccofreeutah.org>