



## Dickinson-Iron District Health Department

### Dickinson County

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FOR IMMEDIATE RELEASE

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### **FREE Nicotine Replacement Therapy Available During the Month of December**

Kingsford and Iron River, MI - Today there are more former smokers than current smokers. This year you can give yourself the gift of improved health by joining the millions of quitters in the United States. From now through December 31, 2015, ALL tobacco users who call the Tobacco Quitline qualify for free coaching and free nicotine replacement therapy. Call 1-800-QUIT-NOW (784-8669) now and get ready to be tobacco free in 2016.

Pick a plan that is right for you! The Michigan Tobacco Quitline offers telephone coaching, tips and motivational emails and/or texts, an online quit program and even a mobile app. Pick one, some or all these tools to help you quit. Call the Quitline today to receive your free patches, gum or lozenges. You can also enroll online at <https://michigan.quitlogix.org/enrollment/default.aspx>.