

# Ready to Quit



## When you quit, you will:

- Breathe easier
- Live longer
- Smell better
- Lower your risk of cancer and lung and heart disease

What do *you* look forward to about being a **non-smoker**?

COLORADO  
**QuitLine**  
*Be tobacco free*

800.QUIT.NOW

### Colorado QuitLine

When you call, you get:

- Up to eight weeks of free nicotine patches
- Support and advice from an experienced Quit Coach
- Personalized quit plan and self-help materials

COLORADO  
**QUITNET**  
co.quitnet.com

### Colorado QuitNet:

- Free expert advice
- Peer support
- Convenient on-line access

## Boulder & Broomfield Services

**Boulder Community Hospital Cardiopulmonary Department** Free quit-smoking packet; call (303) 440-0209

**Kaiser Permanente** Cessation classes and support groups offered monthly; call (303) 344-7255

**Longmont United Hospital** Quit tobacco consultation and follow-up \$20; four classes \$40; free drop-in support sessions; call Laura Wesenberg, Respiratory Therapist (303) 651-5123

**Tobacco Education and Prevention Partnership of Boulder County (TEPP)** Free quit-smoking consultation and quit kit. To schedule an appointment, call (303) 413-7544

**Wardenburg Health Center, University of Colorado** Individual counseling and classes available to general community; call (303) 492-8885

**Nicotine Anonymous** For meeting information, call the New Beginnings 12-Step Center in Longmont at (303) 684-9173

### Websites

Spit/Chew Tobacco

[www.quitsmokless.org](http://www.quitsmokless.org)

[www.nstep.org](http://www.nstep.org)

[www.chewfree.org](http://www.chewfree.org) (an ongoing research study)

Gay, Lesbian, Bisexual, Transgendered & Questioning (GLBTQ)

[www.gaysmokeout.net](http://www.gaysmokeout.net) This site has links to many resources on the web.

---

## You can do it!

### Tobacco Education and Prevention Partnerships of:

Boulder County Public Health  
(303) 413-7544

Para información en Español  
(303) 413-7540

[www.bouldercountytobacco.org](http://www.bouldercountytobacco.org)

Broomfield Health and Human Services

(En Español o Ingles)  
(720) 887-2276

