



Smoking Cessation Resources

Hazelwood School District

On-site Smoking Cessation Program

If you are interested in the free on-site program, contact Crystal Nelson via email at cnelson@hazelwoodschoools.org no later than Wednesday, February 15th.

Local Programs

DePaul Hospital 314-344-7153
(DePaul's program is \$40.00 per participant)

Let's Face It Program

Mercy Hospital 314-251-4811 Freedom From Smoking Program
(Mercy's program is free until July 1)

Anthem Resource

Log on to www.anthem.com, enter your username and password, click on the pink Health & Wellness tab, click on *Wellness Tool Kit*, and under *Lifestyle Improvement* click on *Smoking Cessation Program*.

Telephone Coaching Resource

Missouri Quitline: Call 1-800-QUIT-NOW; free telephone counseling