

WCTC Tobacco Free Campus

Starting August 1, 2009, WCTC will be a tobacco free campus.

Tobacco Cessation Resources

For those individuals who choose to quit tobacco, here are some FREE resources that you can take advantage of.

WI Quit Line

1-800-Quit-Now or (800-784-8669)

1-877-2NO-FUME (Spanish)

Quit Line Hours 7:00 am – 11:00 pm daily

The Quit Line offers free: medications (two weeks of nicotine replacement therapy), coaching on how to quit, self-help materials, referrals to local programs to help you quit smoking or chewing, and follow up support.

Freedom from Smoking On-line

www.lungusa.org

Freedom from Smoking On-line is a free program that walks participants through the steps of quitting tobacco. Participants complete activities at their own pace and receive information and resources from the American Lung Association.

Campus Resource Days

Interested in quitting but not sure where to start? Meet with a tobacco control specialist from Community Memorial Hospital to complete an individual assessment and receive a resource packet. *(Materials will be provided in English and Spanish)* See below for a list of dates and times to meet with the specialist. No appointments necessary.

Tuesday, July 7	10:00-11:30 am
Tuesday, August 4	12:30-2:00 pm
Wednesday, September 9	11:00 am – 1:00 pm
Tuesday, September 15	1:00-2:30 pm

Room locations to be announced for the Pewaukee Campus