



Quit
Smoking

THE HELP YOU NEED IS HERE

Tobacco Cessation Counseling

Help is Free and Only a Phone Call Away!

Premier Health offers a free five-week program designed to help you quit smoking. A certified tobacco treatment specialist provides counseling and support to help you quit for good.

Call Toll Free 1-866-608-3463 for more information.



premierhealth.com/stopsmoking