



GET IN TOUCH

SMOKE FREE LIVING
RESOURCES IN ANOKA COUNTY

Making the Healthy Choice the Easy Choice



763-323-6097



Ship@co.anoka.mn.us



goanokacounty.org

REMOVE

*Making the Healthy
Choice the Easy
Choice.*



QUIT PLAN

Services available include Helpline, Quit Guide, and free two-week kit of gum, patches, or lozenges.

Interpreters available in Spanish, Russian, Somali, and many other languages.

1-888-354-7526

FREEDOM FROM SMOKING

American Lung Association offers online and in-person programs to help you quit smoking.

1-800-586-4872

LANGUAGE SPECIFIC

Free smoking cessation services in non-English speaking formats.

ASPIRE (Spanish)
www.mdanderson.org/about-md-anderson/community-services/aspire.html

Chinese (Cantonese and Mandarin)
1-800-838-8917

Korean
1-800-556-5564

Vietnamese
1-800-778-8440

Quit Plan (Spanish, Russian, Somali and other language)
1-888-354-7526

NICOTINE ANONYMOUS

Offers free support to those who are trying to gain freedom from nicotine.

1-877-879-6422

HEALTH PLANS

Check with your health plan for additional services, such as coverage for prescription medicines, smoking cessation groups, or nicotine replacement therapy (gum, patches, and lozenges) to help you quit. Services and fees vary by plan.



GOANOKACOUNTY.ORG

REMOVE



**START
FRESH**
SEE THE BRIGHT
OPPORTUNITY IN
EACH NEW DAY