Smoking Cessation Programs

Ephrata Community Hospital
Ephrata Cancer Center
460 North Reading Road
Ephrata, PA 17522

1. **Nicotine Anonymous Support Group**
    a. Meets every Tuesday from 6:30-7:30PM
    b. For more information, call (717) 336-6578 or visit http://www.ephratahospital.org/ and click on "Education", "Events and Classes"

2. **Tobacco-Free Living Series**
    a. This seven session tobacco cessation class runs from November 4th through December 16th from 6:00 – 7:30pm
    b. Held at **The Cocalico Center for Health, 63 West Church Street, Stevens, PA 17578**
    c. For more information, call the Wellness Center (717) 336-6578 or visit http://www.ephratahospital.org/ and click on "Education", "Events and Classes"

3. **Lancaster General Health**
    a. Freedom From Smoking group classes
    b. Individual Tobacco dependence treatment counseling
    c. For more information on these programs and more, please visit http://www.lancastergeneralhealth.org/LGH/Our-Services/Cancer-Institute/Types-of-Cancer/Lung-Cancer/Prevention/Smoking-Cessation.aspx or call 1-888-LGH-INFO (544-4636)

4. **Blueprint to Quit**
    a. http://see.walmart.com/blueprinttoquit#home