

## Cleveland Tobacco Cessation Services

Nicotine Anonymous	Faculty, Staff and Students	Group meetings based on the 12 Step program to assist in smoking cessation.	Free	<a href="http://www.ohio-nica.org/">http://www.ohio-nica.org/</a>
CVS Minute Clinic	Faculty, Staff and Students with valid insurance	Nurse practitioners will assist you in creating a quit plan over the course of 4-7 Minute Clinic visits, possibly including NRT.	Co-Pays vary by insurance	<a href="http://www.cvs.com/minuteclinic/resources/smoking-cessation">http://www.cvs.com/minuteclinic/resources/smoking-cessation</a>
American Lung Association/Freedom from smoking clinics	Faculty, Staff and Students over the age of 18	Eight group sessions to provide skills and support to those attempting to quit.	Free	<a href="http://www.lung.org/local-content/content-items/support-and-community/freedom-from-smoking-clinics/ffsclinic-OH-cleveland-metrohealth.html">http://www.lung.org/local-content/content-items/support-and-community/freedom-from-smoking-clinics/ffsclinic-OH-cleveland-metrohealth.html</a>
Cleveland Clinic	Faculty, Staff and Students over the age of 18	Free seven week classes on smoking cessation or coaching with a Cleveland Clinic tobacco treatment specialist to devise an individualized quit plan.	Free	<a href="http://my.clevelandclinic.org/about/community/government-community/community-relations#healthy-lifestyle-tab">http://my.clevelandclinic.org/about/community/government-community/community-relations#healthy-lifestyle-tab</a>