

Summa Health Smoking Cessation Assistance

Quitting smoking is not achieved through willpower alone. If you have attempted to quit before you know how difficult it can be. To be successful, it helps to understand why you smoke and the chemical effects of nicotine when trying to quit. Summa Health can help!

Summa Health will assist you in your quitting efforts. We offer several flexible step by step options to fit your needs; one on one counseling, phone counseling, and classes. All options are facilitated by a Certified Tobacco Treatment Specialist (CTTS). The CTTS is a healthcare professional who possesses skills, knowledge, and training to provide the most up to date and effective evidence-based interventions for treating tobacco dependence.

Counseling is free and is typically conducted over a period of 6 weeks. Call to schedule one on one counseling. Below is the schedule of classes for Barberton and Wadsworth 2018.

Date: 6 weeks beginning January 9th
Time: 1-2 PM
Location: Barberton Conference Room D

Date: 6 weeks beginning March 6th
Time: 2-3 PM
Location: Wadsworth Education

Date: 6 weeks beginning June 5th
Time: 1-2 PM
Location: Barberton Conference Room D

Date: 6 weeks beginning September 4th
Time: 2-3 PM
Location: Wadsworth Education

Date: 6 weeks beginning November 6th
Time: 2-3 PM
Location: Wadsworth Education

For more information or for one on one counseling call 234.312.5226 or e-mail megand@summahealth.org

