

Quit Smoking Resources

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American Cancer Society – Guide to Quitting Smoking:

<http://www.cancer.org/healthy/stayawayfromtobacco/guidetoquittingsmoking/index>

American Cancer Society – Cost of Smoking Calculator:

<http://www.cancer.org/healthy/toolsandcalculators/calculators/app/smoking-cost-calculator.aspx>

Freedom From Smoking – The American Lung Association:

<http://www.lung.org/stop-smoking/how-to-quit/freedom-from-smoking/>

Freedom from Smoking Online:

<http://www.ffsonline.org/>

Quitline NC:

<http://www.quitlinenc.com/>

Smokefree NC:

<http://tobaccopreventionandcontrol.ncdhhs.gov/smokefreenc/>

Smokeless Tobacco Information:

http://www.cdc.gov/tobacco/data_statistics/fact_sheets/smokeless/smokeless_facts/index.htm

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