

## **Tobacco Cessation Counseling**

## Support to help you quit smoking.

IU Health Tipton Tobacco Cessation Counseling program is partnering with Tipton County Board of Health to support and guide you as you take the steps to quit smoking and be free of other tobacco products (including vaping and smokeless tobacco products).

For more information please contact Becky Camire at 765.675.8344.

Help is also available through Quit Now Indiana at 1.800.784.8669.

