Tobacco Cessation: How SHAC can help!

Medical Services:
- Discuss techniques to quit smoking (and other forms of tobacco)
- Get resources and materials
- Get referrals to support groups
- Review over-the-counter and prescription options

Pharmacy:
- Purchase over-the-counter options: Nicotine Patches and other nicotine replacement products
- Fill prescriptions

Counseling Services:
- Support techniques to assist w/ smoking cessation
- Help w/ relaxation techniques & stress management

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