

# Houston, quitting could be as easy as 1, 2, 3.



1-877-YES-QUIT | [www.yesquit.com](http://www.yesquit.com)

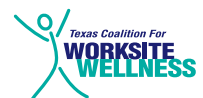


SMOKE FREE ANNIVERSARY  
★★ HOUSTON ★★

## “Smoke-Free for 3”

For the past three years, the City of Houston’s Smoking Ordinance has helped thousands of residents and workers stay healthy. Smoke-free workplaces and public spaces are essential to ensuring the public health and wellbeing of our residents. However, while great public policy strides have been made, smoking remains an important personal health issue and bad habit for many. “Smoke-Free for 3” is a coordinated effort by physicians and community health coalitions to celebrate our city’s commitment, and encourage Houstonians to seek their doctor’s advice on how to put down their cigarettes for good.

THINKING ABOUT QUITTING?  
TALK TO YOUR DOCTOR. HELP IS AVAILABLE.



## HOUSTON AREA TOBACCO CESSATION PROGRAMS

Source: Harris County Public Health & Environmental Services

**American Cancer Society:** 1-877-YES-QUIT  
**American Lung Association:** 1-800-548-8252  
**National Cancer Institute:** 1-877-44U-QUIT

### CENTRAL LOCATIONS

#### BEN TAUB GENERAL HOSPITAL

FREE Tobacco cessation classes for adults with Gold Card.  
Please call for specific rates if Gold Card is not available.  
Address: 1504 Taub Loop  
Houston, TX 77030  
Contact: Laura Pena, Arcy Segura  
Phone: (713) 873-3995

#### CASA DE AMIGOS HEALTH CENTER

FREE Tobacco cessation classes for adults with Gold Card.  
Please call for specific rates if Gold Card is not available.  
Address: 1615 North Main Street  
Houston, TX 77009  
Contact: Adria Jones  
Phone: (713) 236-7930

#### LYNDON BAINES JOHNSON (LBJ) GENERAL HOSPITAL

FREE Tobacco cessation classes for adults with Gold Card.  
Please call for specific rates if Gold Card is not available.  
Address: 5656 Kelley St.  
Houston, TX 77026  
Phone: (713) 566-5159

#### KICKIT

Four session cessation program with hypnosis; \$145.00 per session.  
Address: Gallery of Psychological Assoc.  
5151 San Felipe #1470  
Houston, TX 77027  
Contact: Dr. Michael Klaybor  
Phone: (713) 621-2490

#### MARTIN LUTHER KING JR. HEALTH CENTER

FREE Tobacco cessation classes for adults with Gold Card.  
Please call for specific rates if Gold Card is not available.  
Address: 3550 Swingle Road  
Houston, TX 77047  
Contact: Melody Pierce  
Phone: (713) 547-1000

#### UT – M.D. ANDERSON CANCER CENTER

FREE tobacco research and treatment program for pregnant women: call 713-745-BABY. For non-pregnant women and males call 713-745-6610. For information on FREE tobacco cessation classes for patients and family members, call (713) 745-8040, toll-free at 1-800-438-6434. For information on FREE tobacco cessation services and pharmacotherapy for employees, call (713) 745-6900.  
Address: 1515 Holcombe Blvd.  
Houston, TX 77004  
Phone: (713) 792-2265

### SOUTHWEST LOCATIONS

#### PEOPLE'S HEALTH CENTER

FREE Tobacco cessation classes for adults with Gold Card.  
Please call for specific rates if Gold Card is not available.  
Address: 6630 DeMoss Street  
Houston, TX 77074-5004  
Contact: Carla Phillips  
Phone: (713) 219-3025

### NORTH/NORTHWEST LOCATIONS

#### ALDINE HEALTH CENTER

FREE Tobacco cessation classes for adults with Gold Card.  
Please call for specific rates if Gold Card is not available.  
Address: 4755 Aldine Mail Route  
Houston, TX 77039  
Contact: Lizette Estamilla  
Phone: (281) 985-7679

#### SQUATTY LYONS HEALTH CENTER

FREE Tobacco cessation classes for adults with Gold Card.  
Please call for specific rates if Gold Card is not available.  
Address: 1712 First Street, Suite M20  
Humble, TX 77338  
Contact: Leticia Murphy  
Phone: (713) 566-6289

#### NORTHWEST HEALTH CENTER

FREE Tobacco cessation classes for adults with Gold Card.  
Please call for specific rates if Gold Card is not available.  
Classes are offered in English and Vietnamese.  
Address: 1100 West 34th Street  
Houston, TX 77018  
Phone: (713) 861-3939

#### HYPNOSIS WORKS!

Provides a professional and relaxing atmosphere where focus is placed upon the individuals specific needs and desires to be free of habit of smoking and tobacco use. Certified by the American Board of Hypnotherapy. Reinforcement tape included with session.  
Address: 10303 Northwest Freeway #259  
Houston, TX 77092  
Web: [www.22hypno.com](http://www.22hypno.com)  
Contact: Jerry Rain  
Phone: (281) 224-9766

#### THOMAS STREET HEALTH CENTER

FREE Tobacco cessation to patients of this health center.  
Center treats patients with HIV.  
Address: 2015 Thomas St.  
Houston, TX 77009  
Contact: Jeffrey Benevidas  
Phone: (713) 873-4026

### NORTHEAST LOCATIONS

#### ACRES HOME CLINIC

FREE Tobacco cessation classes for adults with Gold Card.  
Please call for specific rates if Gold Card is not available.  
Address: 818 Ringold Street  
Houston, TX 77088  
Contact: Angelina Guinora  
Phone: (281) 260-3374

### EAST/SOUTHEAST LOCATIONS

#### GULFGATE HEALTH CENTER

FREE Tobacco cessation classes for adults with Gold Card.  
Please call for specific rates if Gold Card is not available.  
Address: 7550 Office Center Drive  
Houston, TX 77012  
Contact: Nancy Rondin  
Phone: (713) 495-3728

#### UNIVERSITY OF TEXAS MEDICAL BRANCH

Individual sessions for Commit to Quit Program.  
Address: 215 Holiday  
Galveston, TX 77555  
Contact: Patrice Houston  
Phone: (409) 747-5324

#### STRAWBERRY HEALTH CENTER

FREE Tobacco cessation classes for adults with Gold Card.  
Please call for specific rates if Gold Card is not available.  
Address: 927 E. Shaw Road  
Pasadena, TX 77506  
Contact: Coby Crawford  
Phone: (713) 634-1275

#### NICOTINE ANONYMOUS

Teaches the 12-step program for breaking the tobacco addiction. FREE sessions across the city, including Unity Church of Christianity and St. John the Divine.  
Phone: (713) 827-5989  
Note: VIETNAMESE CLASSES ARE AVAILABLE THROUGH THE HARRIS COUNTY HOSPITAL DISTRICT.  
Contact: Lan Trinh Phone: (713) 942-3725

### SELF-HELP PROGRAMS AND MATERIALS

#### AMERICAN CANCER SOCIETY

Fresh Start Program: a four-hour program to help adult smokers quit.  
Phone: (713) 266-2877.  
FREE facilitator training for worksite cessation classes.  
Contact: Laura Wood  
Phone: (713) 706-5631

#### AMERICAN HEART ASSOCIATION

Offers various tobacco cessation brochures and video education programs for use at home.  
Phone: (713) 610-5000

#### FREEDOM FROM SMOKING ONLINE

This FREE online program is specifically designed for adults. Register at [www.lungusa.org](http://www.lungusa.org).  
Contact: Amanda Siroosian  
Phone: (713) 629-LUNG ext. 207

### SPIT/CHEWING TOBACCO CESSATION

OREGON MINT SNUFF - contains no tobacco Product is available at HEB, Kroger, and Randall's. Call 1-800-EAT-MINT for more information and sample pouch.

SMOKY MOUNTAIN CHEW - contains no tobacco. Available at select Wal-Mart stores. (Please request instruction booklet). Call 1-800-762-2439 for more information.