

Tobacco Cessation Programs for Wachusett Employees:

Heywood Hospital – Garner, MA

242 Green St.

Gardner, MA

Offers 8 week program for those who want to quit smoking

To learn more about program schedule or to register call: 978-630-6222

Athol Hospital – Athol, MA

2033 Main St. Athol, MA

Classes offered Mondays from 6-7pm in cafeteria dining room

To register or more information call: 978-630-6248

Baystate Franklin Medical Center – Greenfield, MA

164 High St.

Greenfield, MA

To learn more about program schedule call: 800-377-4325

Health Alliance Hospital – Fitchburg, MA

275 Nichols Rd. Fitchburg, MA

Classes offered Wed. 6-730pm

To register or more information call: 978-343-5048

Genesis Club Inc. – Worcester, MA

274 Lincoln St.

Worcester, MA

To learn more information about program schedule call: 508-831-0100

Nicotine Anonymous (Nic-A) Meetings: A 12 Step Program offering support to those who want to quit cigarettes and quit smoking and stop other forms of tobacco and nicotine addiction.

St. Mary's Health Center, 39 Queen Street in Worcester on Mondays at 7pm

Massachusetts Smokers' Helpline:

An additional free resource to talk privately with a counselor about quitting smoking.

The Helpline is open on Monday-Thursday from 9:00 am-7:00 pm and on Friday from 9:00am-5:00 pm.

For English and other languages, call 1-800-Try-To-STOP (1-800-879-8678).

For Spanish, call 1-800-8-DEJALO (1-800-833-5256).

For people with hearing impairments, the TTY line is 1-800-TDD-1477 (1-800-833-1477)