



MultiCare Tobacco Cessation Program

Want to quit tobacco?

MultiCare invites you to participate in a free, self-guided program to help with tobacco cessation.

Our program assists in the journey to a smoke-free life. We offer support, tips, tools and expert advice to help you quit.

Here are ways to get started:

- Email: TobaccoCessationProgram@multicare.org to request a program guide be sent to your home. Be sure to include your current phone number and address. Additionally, if you would like telephone counseling, please request this in your email.

OR

- Visit www.multicare.org/tobacco-cessation/ to view the complete program on our website.

OR

- Download the Quitter's Circle free phone app from the App Store (for Apple devices) or Google play (for android devices). The use code is "Multicare".
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For all other questions, call 253-403-5096.

MultiCare 
**Center for Health
Equity & Wellness**