

# READY TO QUIT?

## LET THE ADENA QUIT CLINIC HELP

**BREAKING BAD HABITS IS HARD.** Adena Health System will provide you with the support you need to be tobacco free in the Adena Quit Clinic.

An Adena Quit Clinic pharmacist will work with you to assess your tobacco habit, develop a cessation plan and find the right tools to help you quit, including over-the-counter nicotine replacement therapy and prescription drug treatment. Follow up appointments will also be provided to assure you have the personal support you need when you need it.



### ADENA QUIT CLINIC LOCATIONS

**Adena Health & Wellness Center - Main**  
4455 State Route 159, Chillicothe  
8 am to 5 pm, Monday - Friday

**Adena Health Center - Jackson**  
1000 Veterans Drive, Jackson  
8 am to 5 pm, Monday

**Adena Health Center - Waverly**  
12340 State Route 104, Waverly  
8 am to 5 pm, Tuesday & Friday

**Adena Health Center - Western Avenue**  
55 Centennial Boulevard, Chillicothe  
8 am to 5 pm, Thursday

Visits are by appointment only and require a referral from your doctor.

**FOR MORE INFORMATION AND TO SCHEDULE  
PLEASE CALL 740-779-8745.**