

www.feeling-blue.com -

RESOURCES – Adams County Community Programs

Winter Fitness Hiking

Hike your way to better health and stave off the cold-weather blues with Healthy Adams County's guided Winter Fitness Hikes! Hiking is a great aerobic activity. These fully-guided hikes are open to beginner and seasoned hikers; we will take breaks as necessary and maintain a moderate group pace. Safety and support are top priorities, and we will practice Leave No Trace outdoor ethics.

Hosting Organization: Healthy Adams County
Call for schedule and location: (717) 337-4137

When Grief Colors the Holidays

Hosting Organization: WellSpan Health
Call for schedule and location: 717-337-4272.

No-Obligation Quit Consultations

Would you like to know more about what it takes to quit successfully, but aren't quite sure if now is the right time for you to quit? There are many options. Talk to a local tobacco treatment specialist and develop a better understanding of what it takes to beat tobacco and the resources that are out there to help you do it right, at the right time for you! This free confidential service is offered with no obligation to enroll in a program.

Ongoing service – can be scheduled at any time.

Hanover Hospital: Call (717) 316-7894 for more information

WellSpan Gettysburg Hospital: Call (717) 338-3259 for more information

Freedom from Smoking Program

A free 7-week course tailored for individuals within the community and businesses. Participants learn about effective ways to quit smoking, determine which method is best suited for him or her, and construct a customized quit plan. Community classes are offered three times per year.

Hanover Hospital: Call (717) 316-7894 for more information

WellSpan Gettysburg Hospital: Call HealthSource (717) 851-3500 or 1-800-840-5905

Individual Cessation Coaching

Don't have time for or access to an on-site group or not a "group person?" No problem! Local tobacco treatment specialists offer free face-to-face, and/or telephone counseling, and an online, Web-based program. All of these free

programs explore tobacco use issues and devise a custom quit plan.

Ongoing service - can be scheduled at any time.

Hanover Hospital: Call (717) 316-7894 for more information

WellSpan Gettysburg Hospital: Call (717) 338-3259 for more information

Tobacco Cessation 101

For those who want to quit on their own, this program provides individuals with the necessary tools to quit smoking on a self-guided path, including; reviewing what tobacco does to the body, discussing approved medications to help you quit, helping you create a "quit plan" and providing support. Registration is required

Hosting Organization: WellSpan Gettysburg Hospital

Call for schedule and registration information: HealthSource at (717) 851-3500 or 1-800-840-5905

Resources and Discounts

Local tobacco cessation programs offer an ever-changing variety of print and online materials available for free to the community. In addition, discount coupons for nicotine replacement products (patches, gum, lozenges) and quit medication(s) are sometimes available.

Hanover Hospital: Call (717) 316-7894 for more information

WellSpan Gettysburg Hospital: Call (717) 338-3259 for more information