



Helping You to Be Tobacco-Free

Methodist College of Nursing values your physical health and well being. We want to assist you in living a healthy and productive life.

Effective April 1, 2011, Methodist does not hire individuals who use tobacco products.

The following resources are offered to ALL enrolled MCON students.

Laser Therapy Discount

Laser Solutions

3100 N. Dries Lane Suite 103, Peoria • 688-0711

\$220 for 3 sessions for enrolled Methodist College of Nursing students.

Laser treatment is applied to your ears, hands and face. Each session is about 30 minutes. Most people will be smoke-free in just one session.

Quit Line

(866) 784-8937 toll-free

Mon. – Fri., 7:00 a.m. - 7:00 p.m.

Enrolled Methodist College of Nursing students can call the American Lung Association Quit Line any time between 7 a.m. and 7 p.m. The service is FREE and you can call as often as you want. If you are a resident of Peoria or Tazewell County, tell the Quit Line to learn if any grant dollars are available for a FREE 2-week supply of nicotine patches through your County Health Department.



Acupuncture Discounts

Kramer Chiropractic & Acupuncture Center
7620 N. University, Peoria • 693-9600

\$500 for enrolled Methodist College of Nursing students. Acupuncture for smoking cessation. Flat fee includes all sessions.

Benningfield & Associates

1524 W. Glen Ave., Peoria • 692-6800

\$65 per session; 20% discount for enrolled Methodist College of Nursing students.

