

Smoking

AND TOBACCO CESSATION



a FREE program
to **help you stop**
SMOKING • RUBBING • CHEWING

FOR TOBACCO USERS
(Includes all adults and
pregnant women)

If interested, please call
1.888.450.6023.



It is never too late to stop using tobacco; by quitting you can live a longer, healthier life.



HOW?

By using this program, you will learn ways to change your habits.

Questions about drug benefits used to help you quit can be answered by calling **1.888.450.6023**.



* American Lung Association "Freedom from Smoking" Program