



WANT TO QUIT TOBACCO?

QUIT WITH A COACH

Double your chances of quitting.

Call 1-800-QUIT-NOW:

- Personal quit plans
- Nicotine patches or gum
- Online tools

VISIT [way to **quit.org](http://waytoquit.org) FOR FREE QUIT TOOLS.**

QUIT YOUR WAY

Build your tobacco quit plan using any combination of:

- Email
- Texts
- Print materials
- 2-weeks of nicotine patches or gum

It's your quit. Take control of it at [way to quit.org](http://waytoquit.org).