WRINKLED SKIN
BAD BREATH
STINKY CLOTHES
YELLOW TEETH
BRITTLE NAILS
DRY HAIR

SMOKING ISN'T PRETTY!

CALL US TO QUIT
1-800-QUIT-NOW
EVERY DAY 8 A.M. TO 11 P.M.

YOU'LL TALK TO COACHES WHO WILL HELP YOU QUIT. IT'S FREE. AND IT'S TOTALLY CONFIDENTIAL.
IT COSTS $365 IF YOU SMOKE 5 CIGARETTES EVERY DAY FOR 1 YEAR.

NEED EXTRA MONEY?

IT COSTS $1,460 IF YOU SMOKE 1 PACK OF CIGARETTES FOR 1 YEAR.

CALL US TO QUIT 1-800-QUIT-NOW EVERY DAY 8 A.M. TO 11 P.M.

STOP WASTING MONEY. CIGARETTES DON'T CONTROL YOU. YOU CAN QUIT!
WANT TO QUIT SMOKING?

CALL US TO QUIT

1-800-QUIT-NOW

EVERY DAY 8 A.M. TO 11 P.M.

YOU’LL GET:

✓ Coaching & tips how to quit
✓ Free materials about quitting
✓ A personalized quit plan
✓ Someone to help you every step of the way

IT’S TOTALLY FREE, CONFIDENTIAL AND NO ONE WILL JUDGE YOU.

CIGARETTES DON’T CONTROL YOU. YOU CAN QUIT.