



QUITTING SMOKING is linked to
better mental health, lower stress, and
an overall improved quality of life.

Get help; QUIT NOW.

A decorative graphic on the left side of the image, consisting of several concentric, curved green lines that sweep from the top left towards the bottom left.

WANT TO QUIT SMOKING?

Call the **QUITLINE:**

1-800-QUIT-NOW (1-800-784-8669)