



 @TTTF_  @TakingTexasTobaccoFree

www.takingtexas tobaccofree.com

Follow up appointment card

Your follow up appointment is:

Date:_____ Time:_____

Mon Tues Wed Thurs Fri Sat

In person with:_____

Virtual meeting with:_____

Call in #:_____

The best day to quit tobacco is today!