

TAKING
TEOAS
TOBACCO FREE



CANCER PREVENTION & RESEARCH
INSTITUTE OF TEXAS

I'd like to
quit smoking.

I don't know
where to start.

*Stock Image

YOUR HEALTHCARE PROVIDER CAN HELP. ASK THEM ABOUT YOUR OPTIONS OR CALL 1-800-QUIT-NOW.

 **Integral Care**

HEALTH
Research Institute
Helping Everyone Achieve a Lifetime of Health

UNIVERSITY of
HOUSTON