

TAKING
TEAS
TOBACCO FREE



CANCER PREVENTION & RESEARCH
INSTITUTE OF TEXAS

It's just a habit now, but I'm thinking about stopping because I know it can become an addiction.

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