

1-800-QUIT-NOW

Call us to quit Every day 8 A.M. to 11 P.M.

totally free call, totally free counseling.

NEED EXTRA MONEY?

IT COSTS:

\$365

if you smoke five cigarettes every day for one year \$1,460

_ if you smoke one pack every day for a year

Stop wasting money. Cigarettes don't control you. You can quit.

1-800-QUIT-NOW



Take control and call us to quit.

Every day 8 A.M. to 11 P.M.

you'll get:

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.