



## QUITTING TOBACCO ISN'T A WALK IN THE PARK

*You don't have to do it alone. We can help.*

When you're ready to quit, you don't have to do it by yourself. The Quit For Life® Program will provide the support you need to help make your next quit your last. Many of our Quit Coaches are former tobacco users, so they understand how difficult it is to quit. They will support you in putting together an effective Quit Plan, and they always are just a phone call away when you need to talk.

It's FREE. It's confidential. It works.

1.866.QUIT.4.LIFE (1.866.784.8454) | [www.quitnow.net](http://www.quitnow.net)



Quit For Life® Program

The Quit For Life® Program is brought to you by the American Cancer Society® and Free & Clear®. The two organizations have 35 years of combined experience in tobacco cessation coaching and have helped more than 1 million tobacco users. Together they will help millions more make a plan to quit, realizing the American Cancer Society's mission to save lives and create a world with more birthdays.