

QUIT Tobacco Today.

FOR YOUR FAMILY
FOR YOUR HEALTH
FOR YOUR CAREER

FOR YOUR READINESS
FOR YOUR WALLET
FOR YOURSELF

YOU CAN DO IT.

For information on how to
stop smoking or dipping:

In California:

1-800-NO-BUTTS • 1-800-844-CHEW

Anywhere else in the U.S.:

1-800-QUIT-NOW