



The more you
TRY
the more likely
you will **succeed.**

Call for FREE help to quit smoking or smokeless tobacco

English 1-800-NO-BUTTS
Spanish 1-800-45-NO-FUME
Mandarin & Cantonese 1-800-838-8917
Vietnamese 1-800-778-8440
Korean 1-800-556-5564
Chewing Tobacco 1-800-844-CHEW
Deaf/Hard of Hearing 1-800-933-4833

Call Today!
7am - 9pm Monday - Friday
& 9am - 1pm Saturday

www.nobutts.org
1-800-NO-BUTTS