



★ **TENNESSEE QUIT WEEK** ★  
February 22-26, 2016

#QuittinTimeTN

-  Talk to your doctor or healthcare provider today about smoking cessation treatment options that may be right for you
-  Get more information about Tennessee Quit Week at [tn.gov/health/topic/FHW-tobacco](http://tn.gov/health/topic/FHW-tobacco). Find helpful tools online at [QuittersCircle.com](http://QuittersCircle.com) and download the **Quitter's Circle™ app\*** from the App Store or Google Play
-  Use **#QuittinTimeTN** to share your quit story on Twitter, Instagram, and Facebook, and find more information about Quit Week events
-  Call the Tennessee Tobacco QuitLine at **1-800-QUIT-NOW (784-8669)** for access to FREE resources†



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