Kick the Habit.

We know you can. Do it for us.

It's hard to quit smoking. But studies show that people who use a program really do better. Now you can sign up for the FREE Tennessee Tobacco QUITLINE program to help you quit for good.

In this program you will…

- **Receive a FREE Tobacco Quit Kit.**
- **Work with a FREE Quit Coach.**
- **Learn to deal with tobacco cravings and other challenges.**

After 12 months, 25% of participants are tobacco-free.

Tennessee Tobacco QUITLINE

1-800-QUIT-NOW
1-800-784-8669

This program is FREE to all Tennessee residents. So quit waiting and call for this FREE program: 1-800-QUIT-NOW (1-800-784-8669). For the hearing-impaired call, 1-877-559-3816.

Hours of Operations

	Eastern Time:	**Central Time:**
M-F	8:00 a.m. – 11:00 p.m.	7:00 a.m. – 10:00 p.m.
Sat.	9:00 a.m. – 6:00 p.m.	8:00 a.m. – 5:00 p.m.
Sun.	11:00 a.m. – 5:00 p.m.	10:00 a.m. – 4:00 p.m.

Funded by:
TENNESSEE DEPARTMENT OF HEALTH
It's About Time!

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