

It's hard to quit spit/chew tobacco. 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.



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:

M-F 8:00 a.m. – 11:00 p.m.

Sat. 9:00 a.m. – 6:00 p.m.

Sun. 11:00 a.m. – 5:00 p.m.

Central Time:

7:00a.m. – 10:00 p.m.

8:00 a.m. – 5:00 p.m.

10:00 a.m. – 4:00 p.m.

Funded by:



TENNESSEE
DEPARTMENT OF
HEALTH

It's About Time!



Authorization# 343888

Half Off



**Rick Bender: age 37.
He didn't lose his life to tobacco.
He lost half his jaw.**

with tobacco