



Deja El Hábito.
Sabemos que tú puedes.
Hazlo por nosotros.

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.



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:



Department of
Health



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