

# SEEING



# TOBACCO-FREE



**NO VAPE**  
**NO CHEW**  
**NO SMOKE**

**TENNESSEE QUIT WEEK 2020**

February 3-7<sup>th</sup>

# Ready to see a tobacco-free future?

Call the Tennessee Tobacco  
QuitLine today to get started!



You can also join the program online  
at [www.tnquitline.org](http://www.tnquitline.org). IT'S FREE!!

It's hard to quit smoking, but studies show people  
who use a program are much more successful.

#TNQuitWeek  
#TobaccoFree2020

Use these hashtags to  
share your quit story  
on social media & find  
more information about  
Quit Week events.



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