

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**

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

Funded by:



**It's About Time!**



Authorization 34388



**Quit Smoking.**  
Your baby will love you for it.