

NEED A QUIT DATE?

If you're thinking about quitting tobacco, you're going to need a date. Call the Quit For Life® Program and let a Quit Coach® help you pick a realistic day to quit tobacco for good. Many people set a Quit Date two to four weeks away to help them properly prepare for a successful quit. We'll help you find the right date for you.

It's FREE. It's confidential. It works.

1.866.QUIT.4.LIFE | www.quitnow.net/commonhealth

(1.866.784.8454)



Quit For Life® Program



The Quit For Life® Program is brought to you by the American Cancer Society® and Alere Wellbeing. The two organizations have 35 years of combined experience in tobacco cessation coaching and have helped more than 1 million tobacco users. Together they will help millions more make a plan to quit, realizing the American Cancer Society's mission to save lives and create a world with more birthdays.

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