

# OUR QUITTING PLAN WON'T THROW YOU ANY CURVE BALLS.

Using smokeless or chewing tobacco increases the risk of oral cancers tenfold. That's one of the reasons smokeless tobacco is banned in high school, college, and minor league baseball. Now the major leagues are stepping up to the plate and considering similar bans.

If you're ready to quit smokeless tobacco, you might need a coach. Enrolling in the Quit For Life® Program provides access to a highly trained Quit Coach® who will help you set a quit date and provide ongoing support you need to become free from tobacco.

**1-866-QUIT-4-LIFE (1-866-784-8454)**  
**[www.quitnow.net/commonhealth](http://www.quitnow.net/commonhealth)**



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 2 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.

Reference: Alex Markarian, assistant professor of otolaryngology and head and neck surgery at USC's Keck School of Medicine

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