

Put Yourself on the Map

"If you're hesitant to quit... don't be!
I smoked 3 to 4 packs a day for 42
years. The quality of my life has
improved so much. I'm no longer
tied down to that ball and chain!"
—Nancy

"My wife and I quit,
and we will NOT
go back. Thanks
for your support!"
—Terry

"My Quit Coach stuck with
me through thick and thin!"
—Dana

Get Ready to Join the American Cancer Society® Great American Smokeout® on November 17

Enroll in the Quit For Life® Program today so we can help make November 17 your first day of tobacco freedom. Expert Quit Coaches® will help you create and follow a Quitting Plan tailored to your needs. The program is free, confidential, and it worked for Nancy, Terry, Dana and tens of thousands of others. It can work for you, too.

1.866.QUIT.4.LIFE (1.866.784.8454)

www.quitnow.net



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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