

SHOW YOUR HEART SOME LOVE



Just 24 hours after you quit smoking
your risk for heart attack begins to
drop dramatically.

The Quit For Life® Program will give you the heart to quit.

Our trained Quit Coach® staff will help you fend off cravings and triggers with a personalized quit plan. Along with coaching, you'll have access to tools to help you stay strong, including: Quit Guide, Web Coach®, Text2QuitSM and nicotine replacement therapy. Discover why so many quitters love living without the physical, emotional and financial burdens of tobacco.

1-866-QUIT 4 LIFE (1-866-784-8454) ■ www.quitnow.net