

ARE YOU READY TO QUIT TOBACCO?

HELP IS FREE!

Prepare for QUIT DAY

- Make your plan
- Identify your support system
- Know what to expect
- Control your cravings
- Maintain your quit
- Get FREE patches, gum, and lozenges



THE TIME TO QUIT IS NOW...

Join Freshstart: FREE 4-Week Tobacco Cessation Class

Hillsborough & Chapel Hill Locations

Call (919) 245-2480 or email: smokefreeoc@orangecountync.gov

Connect to QuitLineNC: 1 (800) QUIT-NOW for a private Quit Coach

IT'S NEVER TOO LATE TO QUIT!

