



The
Time to
Quit is
NOW!

Get **Free Support**
and a **Quit Plan**
that will come
through
for you!

CALL

1-800-QUIT-NOW

or visit

QuitWithUsLa.org

QUIT
WITH US, LA
— LIVE LIFE —
TOBACCO-FREE

Get
Help

Quit
Smoking

SMOKING CESSATION TRUST

The Louisiana Tobacco Quit Line

Ready to Quit?

6 Ways We Support Your Efforts To Quit

- FREE** quit support over the phone:
24 hours a day, 7 days a week
- One-on-one** phone counseling
with a **Quit Coach**
- One-on-one, in-person** support
from a **trained counselor** in
your community
- Nicotine replacements**
(gum, patches and lozenges)
- Smoking cessation classes** in
your community
- Text2Quit** (get **personal text**
messages with quit tips and
reminders)

**Take Advantage of this Opportunity
and Begin Your Quit Journey!**