

The Time to Quit is  
**NOW!**

Get **Free Support**  
That is Going to Come  
Through for You!



———— **CALL** ————  
**1-800-QUIT-NOW**  
———— **or visit** ————  
**QuitWithUsLa.org**



## 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!**