



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!**