



SO MANY REASONS



WHAT'S YOURS?



For your family. For your health. For your pocketbook. **For you.**

You have many reasons to quit tobacco. When you're ready, we're here to help. The Arkansas Tobacco Quitline is the best method you can choose to help you quit tobacco and gain the skills needed to stay healthy for life. With help from a Quit Coach® you will make good decisions about medications, develop new thinking skills and learn how to behave differently in situations that used to involve tobacco.

You **can** quit tobacco. We'll teach you how.

1.800.QUIT.NOW (1.800.784.8669)

www.stampoutsmoking.com



STAMP OUT SMOKING
ARKANSAS DEPARTMENT OF HEALTH
stampoutsmoking.com