

World No Tobacco Day



Join millions of other tobacco users from around the world who will quit tobacco on **May 31**.

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.

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
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