



QUITTING SMOKING. IT'S A BUMPY RIDE.

We know it's not easy to quit smoking. It's a bumpy road full of potholes to slow you down. But our expert Quit Coaches® help people just like you quit for good. How? They teach you how to think differently, so when you see a bump in the road, you're ready for it. Enroll now and experience what happens when positive thinking meets practical planning.

You can quit smoking. We'll teach you how.

1.800.QUIT.NOW (1.800.784.8669)
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