

i can't  
tobacco makes me happy.  
I'll gain weight.  
I've tried before  
I enjoy smoking  
I'm addicted.  
helps me relax  
I am a smoker.

I CAN,  
this time will  
be different.



You **can** change the way you think, learn healthy behaviors and quit tobacco. We'll teach you how.

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](http://www.stampoutsmoking.com)**



**STAMP OUT SMOKING**  
ARKANSAS DEPARTMENT OF HEALTH  
[stampoutsmoking.com](http://stampoutsmoking.com)