



\$5 per pack each day

\$1,825 in a year

\$18,250 in ten years

Is your money going up in smoke?

The Arkansas Tobacco Quitline can help you quit smoking and save you money. Our quit rates are among the highest in the country and the program is FREE. With our help you will make good decisions about medications, develop new thinking skills and learn how to behave differently in everyday situations that used to involve tobacco.

You **can** quit smoking. 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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