## ARE YOU THINKING ABOUT QUITTING SMOKING?



You don't need to quit alone.

Get support to start your smoke-free life.



## **COURAGE TO OUIT®**

In-person stop smoking program

couragetoquit.org



## **TOBACCO CESSATION QUITLINE**

Telephone counseling service

1-800-QUIT-NOW (1-800-784-8669)



## CVS/PHARMACY MINUTECLINIC®

Visit your local CVS/Pharmacy store

CVS.com/quit-smoking

