I Quit –

for lots of reasons. What's yours?

I wanted to improve my health and set a good example for my kids, so I called the Montana Tobacco Quit Line – a free cigarette and spit tobacco cessation program.

- ***FREE nicotine replacement therapy – such as the patch****
- ***A FREE program with personal advice***
- ***FREE educational materials***
- ***FREE calls with a quit coach***

Now I'm free from tobacco.
And this time, it's for good.

*Nicotine replacement therapy (such as the patch) is available for qualified individuals over 18 enrolled in the program.

Montana Tobacco Use Prevention Program
Department of Public Health & Human Services

1-800-QUIT-NOW

MONTANA TOBACCO
QUIT LINE
1-800-QUIT-NOW