

I Have A **CHOICE**



I **WILL** feel better!
I **WILL** breathe better!
I **WILL** look better!
I **WILL QUIT SMOKING** and
START LIVING!



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Resources to help you succeed in quitting smoking include:

Free telephone-based tobacco quit line:

1-877-270-STOP

(Georgia Quit Line)

1-877-2NO-FUME

(Spanish)

1-877-777-6534

(Hearing Impaired)

The National Cancer Institute's website:

www.Smokefree.gov

The National Cancer Institute's text messaging quit smoking program:

Text QUIT to 47848

The Department of Health and Human Service website:

BeTobaccoFree.gov

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