



Are You Ready to Quit? Have You Signed Up?

Get help quitting smoking

Join a FREE Smoking Cessation Program: Beat the Pack™. You'll get all the information and tools you need to increase your chances of quitting:

Reasons to quit/motivation

Encouragement from others/support

Anticipate the journey/coping

Develop doctor support/referral to other resources

You set the time

First Meeting: _____

Date: _____

Time: _____

Location: _____

For more information, contact:
