



WHAT'S YOUR TRIGGER?

If you're a smoker, you know how hard it is to resist smoking in certain situations. Maybe for you, this hot cup of coffee just wouldn't be the same without a cigarette.

When you join the Quit For Life® Program, we'll help you identify the things that make you want to smoke, avoid them while you are quitting and then re-learn how to enjoy them again without wanting a cigarette. Sound impossible? We've helped more than 1 million tobacco users do it, we can help you too.

Call or go online today and learn how to take back control over your triggers.

It's FREE. It's confidential. It works.

1.866.QUIT.4.LIFE | www.quitnow.net
(1.866.784.8454)



Quit For Life® Program

The Quit For Life® Program is brought to you by the American Cancer Society® and Free & Clear®. The two organizations have 35 years of combined experience in tobacco cessation coaching and have helped more than 1 million tobacco users. Together they will help millions more make a plan to quit, realizing the American Cancer Society's mission to save lives and create a world with more birthdays.

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