This Valentine's Day, End Your Relationship...

With Tobacco.

You'll ♥ Yourself for it.

Quitting tobacco can be a lot like ending a relationship – there may still be things you love about it. You may miss what it gives you. Like getting out of a bad relationship, there is often grieving to do when quitting tobacco. It's important to have friends and support, which will help ensure your success.

This Valentine's Day, let a Quit Coach® with the Quit for Life® Program help you through your break-up with tobacco.

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

American Cancer Society® Quit For Life® Program

The Quit For Life® Program is brought to you by the American Cancer Society® and Alere Wellbeing. The two organizations have 35 years of combined experience in tobacco cessation coaching and have helped more than 2 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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