

You can quit smoking



Being smoke-free lowers your risk for many health issues and protects those around you from second-hand smoke. In time, your lungs can even recover from some or all of the damage done by smoking. You can breathe a little easier. You can taste your food better.

If you find it hard to quit, you're not alone. We're here for you 24/7, 365 days a year.

We can help you:

- Focus on your reasons for quitting
- Cope with cravings
- Find new things to do instead

Let us help you live a smoke-free life. Call us anytime.

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