



Tobacco Quitline 30 Sec PSA

Are you ready to quit smoking, but can't seem to kick the habit?

Research shows that smokers are most successful at quitting when they have support – so contact the Alabama Tobacco Quitline at QuitNowAlabama.com or by calling 1-800-QuitNow.

Information, referrals, and coaching are confidential, and you may be eligible to receive up to an eight-week supply of free nicotine replacement patches.

To learn more, visit QuitNowAlabama.com or call 1-800-QuitNow. Quitting might be hard, but it's not impossible.

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