

YOU KNOW IT'S TIME TO QUIT.



HERE'S HOW WE CAN HELP.

Alabama Tobacco Quitline

Alabama Department of Public Health

ADPH.ORG

For **FREE HELP**, call

1.800.QUITNOW

QUITNOWALABAMA.COM

1-800-784-8669

FREE call.
online site.
coaching.
nicotine patches.*

*If medically eligible and enrolled in coaching