

**Quit Smoking?
I think about it
all the time,
but I can't seem
to get my act
together to
give it a try.**



Seeking out help doubles your chances of quitting for good.

1. Tell your family and friends.
2. Talk to your doctor.
3. Call the American Cancer Society's toll-free Quitline at 1-877-YES-QUIT for help in forming a quit plan that feels right for you.