

TAKING NAMES AND KICKING ASH.

Give us a call for help to kick your own ash. A quit plan with your name on it is waiting.

The Illinois Tobacco Quitline is a free resource and offers a staff of nurses and certified tobacco counselors to help create a plan just for you.

QUIT FOR GOOD.

**Success stories:
QuitYes.org**



1-866-QUIT-YES

Se habla español.

#QuitYes   1-866-784-8937