

EVERY DAY IS ASH WEDNESDAY WHEN YOU SMOKE.



QUIT FOR GOOD.

The Illinois Tobacco Quitline offers free counseling and treatment plans. Our nurses and certified tobacco counselors are ready to help. They have the latest training and treatments waiting for you.

**Scan to listen to
a success story.**



1-866-QUIT-YES

Se habla español.

quityes.org   1-866-784-8937