



RISE FROM THE ASHES.

YOU CAN DO IT; WE CAN HELP.

QUIT FOR GOOD.

Success stories:
QuitYes.org

It takes an average of seven tries to quit smoking, but the counselors at the Illinois Tobacco Quitline can help.

The Illinois Tobacco Quitline is a free resource with nurses, respiratory therapists, and tobacco-cessation specialists who work with you to take your health to new heights.



1-866-QUIT-YES

Se habla español.

#QuitYes   1-866-784-8937