



A RUBBER BAND, YOU'RE THINKING? The next time you are craving tobacco, reach for this rubber band instead. Cravings generally last three to five minutes, and this rubber band may be just the thing to distract you from reaching for a cigarette or tobacco. Whether you wear it on your wrist or have it in your pocket, keep this rubber band close by to help fight your urges to smoke.

Obviously, a rubber band cannot do it all. The Quit For Life® Program provides the phone-based support you need to snap out of tobacco use. Call today to enroll and speak with a highly trained Quit Coach®.

It's FREE. It's confidential. It works.



QuitForLife® Program

1.866.QUIT.4.LIFE (1.866.784.8454) | www.quitnow.net

The Quit For Life® Program is brought to you by the American Cancer Society® and Free & Clear®. The two organizations have 35 years of combined experience in tobacco cessation coaching and have helped more than 1 million tobacco users. Together they will help millions more make a plan to quit, realizing the American Cancer Society's mission to save lives and create a world with more birthdays.

© 2010 Inverness Medical. All rights reserved. Quit For Life is a trademark of the Inverness Medical group of companies. The American Cancer Society name and logo are trademarks of the American Cancer Society, Inc.