

World No Tobacco Day



Join millions of other tobacco users from around the world who will quit tobacco on **May 31**.



Quit For Life[®] Program

The Quit For Life[®] Program is the best method you can choose to help you quit tobacco and gain the skills needed to stay healthy for life.

You **can** quit tobacco. We'll teach you how.

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.

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