

Quit for Life





*Here's what you'll find in your
Quit for Life kit:*

- ▶ Quit for Life brochure — for easy-to-read information about how to quit smoking.
- ▶ 4 Tip Sheets — for quick reference and “pick-me-ups.”
- ▶ *Freedom from Smoking*® booklet— for detailed information about cigarette smoking and how to quit.
- ▶ Quit aids — little goodies to help you kick the habit.

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