

you can
QUIT

we can
HELP



The New York State Smokers' Quitline offers:

- FREE starter kit of Nicotine Patches, Gum or Lozenges*
- Counseling to help make a quit plan
- Information about local stop smoking programs
- Informational taped messages

**Call 1-866-NY-QUITS
(1-866-697-8487)**

or visit www.smokefree.com

*Offer limited to New York State adults (18 years of age or older) who are medically eligible.