

NO IFS, ANDS OR BUTTS



It takes courage to see yourself as tobacco free. It's challenging to quit, but you don't need to do it alone. Call the free Kansas Tobacco Quitline 1-800-QUIT-NOW. A counselor will work with you to create a plan to quit and fight cravings. Even superheroes need a sidekick!

KanQuit!
1-800-QUIT-NOW (784-8669)
KANSAS TOBACCO USE PREVENTION PROGRAM

1-800-QUIT-NOW