

"I HAD ALL THE REASONS TO QUIT,  
I JUST NEEDED  
**A PLAN."**



It is challenging to quit tobacco, but you don't need to do it alone.

A Kansas Tobacco Quitline counselor will work with you during one-on-one phone calls to create your plan to quit. We'll help you find strategies that work to combat cravings and keep you on track to becoming tobacco free. Call 1-800-QUIT-NOW.

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

**1-800-QUIT-NOW**