

QUIT FOR LIFE

Quit Now Indiana is ready to help you quit. This is a free service for people like you who want to break their tobacco addiction. What's great about the Indiana Tobacco Quitline is you can quit at your own pace with professional support.

You can quit for life! Challenge yourself to go tobacco-free for 30 days. Scan here or call 1. 800.Quit.Now to get started.



NO LECTURES. NO PRESSURE. NO JUDGMENTS.
JUST FREE HELP.

**QUIT
now**
INDIANA
1.800.Quit.Now