



Quit For Life<sup>®</sup> Program

# Take the first step toward quitting today.

1.866.QUIT.4.LIFE (1.866.784.8454)

[www.quitnow.net](http://www.quitnow.net)



We've helped more than  
**1 million** tobacco users.

**We can help you too.**

**It's FREE.**

**It's confidential.**

**It works.**

The Quit For Life<sup>®</sup> Program is brought to you by the American Cancer Society<sup>®</sup> and Alere Wellbeing. The two organizations have 35 years of combined experience in tobacco cessation coaching and have helped more than 1 million tobacco users. Together they will help millions more make a plan to quit, realizing the American Cancer Society's mission to save lives and create a world with more birthdays.