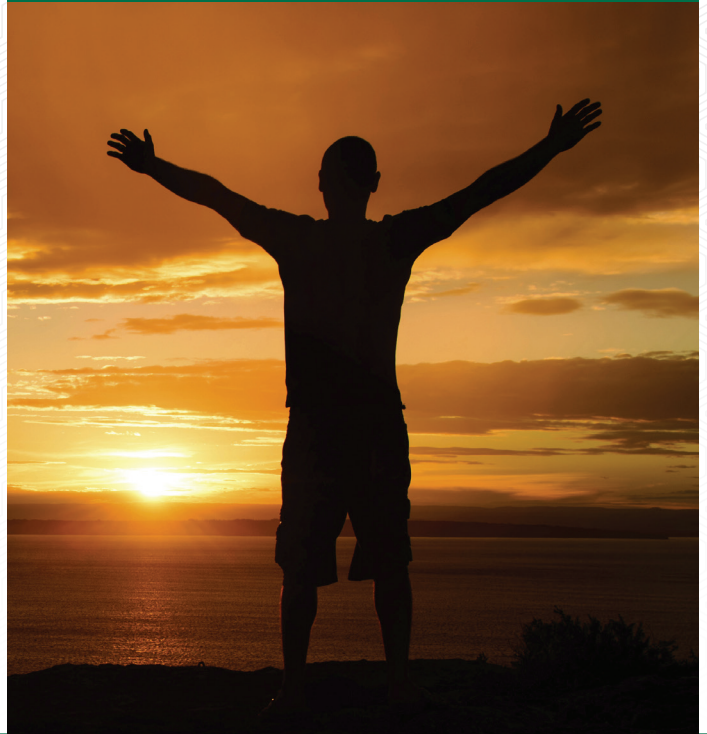


YOU CAN BEAT TOBACCO

WE ARE HERE TO HELP



RESOURCES TO HELP YOU QUIT:

Telephone counseling and nicotine patches:

- 1-800-QUIT-NOW (1-800-784-8669)

Internet help:

- QuitNowAlabama.com

Smartphone apps:

- There are dozens of quitting apps – search for “quit smoking” in your app store (Quitter’s Circle and quitSTART are two popular examples.)

Coping with nicotine withdrawal:

- webmd.com/smoking-cessation/understanding-nicotine-withdrawal

Good things about quitting:

- youtube.com/watch?v=fLbQfMmrISE