

# Breaking the Habit Takes Time.

It takes the average smoker  
6+ attempts to quit.

**We can help.**



**HOWEVER MANY TIMES IT TAKES, THE**

# **REWARD**

**IS WORTH THE EFFORT.**

**Text "QUIT" to 615-795-0600**

**or Call 1-800-QUIT-NOW**

# With the right tools, you can quit for good.

When you're ready to quit smoking, **TN QuitLine** has tools to help you through your journey.

## Access free:

- Professional coaching online or by phone
- Counseling
- Nicotine replacement
- QuitKit
- Healthcare providers in your area

## Visit [tnquitline.org](https://tnquitline.org)

Counseling and medication can help you quit.  
Talk with a healthcare provider about what is right for you.



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