



**FIND YOUR
REASON**

A SMOKE-FREE LIFE STARTS HERE

- ✓ Make a plan to quit. It's never too late.
- ✓ Ask for help. You don't have to do it alone.
- ✓ Talk to your health care provider or WIC office for referrals. It's worth it.

Call or visit the Texas Tobacco Quitline.

1-877-YES-QUIT (1-877-937-7848)

YESQUIT.ORG

Free. Convenient. Confidential.



WHAT ABOUT VAPING?

E-cigarettes have nicotine and other harmful chemicals.



TEXAS
Health and Human
Services



YES QUIT

877-YES-QUIT YESQUIT.ORG

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