



**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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