



MY START DATE IS:



I CAN QUIT!  
I AM WORTH IT!

LOG ON TO [QuitWithUsLa.org](http://QuitWithUsLa.org)

I **AM** QUITTING BECAUSE I WANT TO:

- Live a healthier lifestyle
- Lower my risk of heart attack, cancer and other illnesses
- Avoid early wrinkles
- Save money
- Be an example for my friends and family
- \_\_\_\_\_

QUIT WITH US, LA is a partnership of The Louisiana Campaign for Tobacco-Free Living and Louisiana Department of Health and Hospitals Tobacco Control Program.

**I WILL BE SUCCESSFUL IF I:**

- Plan for success
- Talk with a trained counselor  
@ **1-800-QUIT-NOW** (1-800-784-8669)
- Log on to **www.quitwithusla.org**
- Ask my doctor for Nicotine Replacement Therapy (NRT) – patches or medication

This card does not replace the advice of a qualified healthcare provider.

**I CAN DEAL WITH MY CRAVINGS IF I:**

- Chew gum, eat hard candy or healthy snacks
- Drink plenty of fluids
- Talk with a friend who supports me
- Take a walk or a shower
- Work on a hobby
- Brush Teeth