

QUIT TOGETHER

Continuing the Great American Smokeout

TRY ONE OF THESE TIPS FOR QUITTING SUCCESS:

- Commit to quit with a friend for accountability.
- Share your quit plan with friends and family.
- When you get the urge to smoke, call or text your quitting partner.
- Spend time with non-smokers.



TRY ANOTHER OF THESE TIPS FOR QUITTING SUCCESS:

- Seek support from Quit Now Indiana 1 (800) QUIT-NOW.
- Contact your local physician for resources on quitting.
- Partner with a Quit Coach through the Indiana Tobacco Quitline.
- Get involved at community or church groups providing smoking cessation support.



For more great tips visit www.healthycommunityalliance.org