

FREE HELP TO QUIT SMOKING

Quit Tobacco classes are available for HACA residents who want to quit smoking.
No registration necessary.

1-2 p.m. Mondays @ North Loop Apartments, 2300 W. North Loop & Wednesdays @ Lakeside, 85 Trinity St.

- Information on creating a personal quit plan
- Information on nicotine replacement therapy & other cessation aides
- Strategies to cope with cravings & urges
- Online & community resources including:

Tobacco Quitline 1-877-YES QUIT

Free & confidential phone counseling services, nicotine replacement for to those who qualify. www.yesquit.org

Smokefree TXT

Text messaging program that provides 24/7 encouragement & advice to quit. Users receive 1-5 messages per day. Sign up by texting QUIT to 47848 or visit <http://smokefree.gov/smokefreetxt>. Message & data rates apply.



Contact your ROSS or Health & Wellness Specialist about smoking cessation options.