

Do you smoke? Do you want to quit?

It's tough to quit tobacco.

The **Utah Tobacco Quit Line** can help.

It's a **free** service.



Call **1.888.567.8788** to talk to a trained Quit Coach. The Quit Line is open every day from 6:00 a.m. to 1:00 a.m. They *really can* help you to quit tobacco.

to quit tobacco, call 1.888.567.8788
or visit UtahQuitNet.com

The TRUTH™