

YOU'RE  
THINKING  
ABOUT  
QUITTING  
TOBACCO  
WE

JANUARY				
S	M	T	W	Th
		1	2	3
6	7	8	9	10
			16	17
			23	24
			30	31



**RESOLVE**  
**TO HELP**

When you join the Quit For Life<sup>®</sup> Program, your New Year's resolution to quit tobacco will be on the right track. You may have tried before, but this time make it stick. A Quit Coach<sup>®</sup> will help design a quitting plan, which may include free nicotine replacements, specially for you. Enroll today.

1.866.QUIT.4.LIFE | [www.quitnow.net](http://www.quitnow.net)  
(1.866.784.8454)



Quit For Life<sup>®</sup> Program

The Quit For Life<sup>®</sup> Program is brought to you by the American Cancer Society<sup>®</sup> and Alere Wellbeing. The two organizations have 35 years of combined experience in tobacco cessation coaching and have helped more than 1 million tobacco users. Together they will help millions more make a plan to quit, realizing the American Cancer Society's mission to save lives and create a world with more birthdays.

© 2012 Alere. Quit For Life is a registered trademark of the Alere group of companies. The American Cancer Society name and logo are trademarks of the American Cancer Society, Inc.