



**QUITTING**  
just got  
**EASIER**  
*with*  
**ONLINE**  
ENROLLMENT

call **1-800-QUIT-NOW**  
or enroll at **[www.quitwithusla.org](http://www.quitwithusla.org)**

- ✓ The Louisiana Tobacco Quitline offers **FREE**, confidential phone counseling with Certified Quit Coaches.
- ✓ New web-only option offers **FREE**, confidential support program that is entirely online.
- ✓ Enrollees can choose phone counseling, web support, or both.
- ✓ Set a quit date and develop a quit plan that works for you.
- ✓ **FREE** Nicotine Gum or Patches available.

Additional **FREE** services from Smoking Cessation Trust for qualified enrollees who started smoking prior to Sept. 1, 1988. Visit [www.SmokingCessationTrust.org](http://www.SmokingCessationTrust.org) for more info.

**Learn more and enroll online at**  
**[www.QuitWithUsLA.org](http://www.QuitWithUsLA.org) or call 1-800-QUIT-NOW.**



**QUIT**  
**WITH US, LA**

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