



# WE BELIEVE IN YOU.

Quit tobacco today.

When you're ready to quit tobacco, you can start now and know that you are not alone. At Quit With Us, Louisiana, we have expert quit coaches to help you, plus the resources and support you need—24 hours a day. 7 days a week.



**CALL**  
**1.800.QUIT.NOW**



**ENROLL ONLINE AT**  
**[quitwithusla.org](http://quitwithusla.org)**

**QUIT WITH US, LA**  
LIVE LIFE TOBACCO-FREE

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# WHEN YOU'RE READY TO QUIT, QUIT WITH US.



Free counseling with expert quit coaches over the phone, by text, or online



Free nicotine gum and patches available



Free online resources

To learn more, call 1-800-QUIT-NOW  
or visit [quitwithusla.org](http://quitwithusla.org).

This public document was published at a total cost of \$268.81. Three thousand (3,000) copies of this public document were published in this first printing at a cost of \$268.81. The total cost of all printings of this document, including reprints is \$268.81. This document was published by OTS-Production Support Services, 627 North 4<sup>th</sup> Street, Baton Rouge, LA 70802 for the Louisiana Department of Health to provide education on tobacco cessation. This material was printed in accordance with the standards for printing by state agencies established pursuant to R.S. 43:41. Printing of this material was purchased in accordance with the provisions of Title 43 of the Louisiana Revised Statutes.