



Maryland's

1-800



QUIT NOW

SmokingStopsHere.com

My name is Lisa.
I smoked 2 packs
a day for 24 years.

I've been smoke free
for over a year.

1-800-QUIT NOW is a FREE confidential service to help you quit tobacco for good. Our Quit Coaches offer you a personalized plan, coaching sessions and information about medicines and techniques.

If you're ready to quit, call 1-800-QUIT NOW.

Visit smokingstopshere.com
to see my story.



This is a FREE service sponsored by the Maryland Department of Health and Mental Hygiene.