

Former firefighter Gary quit tobacco! And you can, too!



There's FREE help to quit smoking or chewing tobacco!

FREE or reduced-cost cessation medications:

Wyoming
QUIT
TOBACCO
PROGRAM
1-877-WYO-QUIT
(toll free 1-877-996-7848)

FREE counseling and support:

Wyoming
QUITLINE
1-866-WYO-QUIT
(toll-free 1-866-996-7848)

WYOMING
QUITNET
QUIT ALL TOGETHER
wy.quitnet.com

I used a can every other day for 20 years, when I realized that tobacco was manipulating my life.

The Wyoming Quit Tobacco Program is probably one of the best programs there is. The support that they give you is fantastic. Without it, I'm not sure I could've quit.

I've been quit for 7 months, and to reward myself, I managed to buy a new pickup."

—Gary, Sheridan, Wyoming



Sponsored by the Wyoming Department of Health, Substance Abuse Division, with funds from the Wyoming Tobacco Settlement.

www.freeandtrue.com