



# Are You Ready to Quit? Have You Signed Up?

## Get help quitting smoking

Join a FREE Smoking Cessation Program: Beat the Pack™.

You'll get all the information and tools you need to increase your chances of quitting:

**R**easons to quit/motivation

**E**ncouragement from others/support

**A**nticipate the journey/coping

**D**evelop doctor support/referral to other resources

**Y**ou set the time

First Meeting: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

For more information, contact:

\_\_\_\_\_