



# 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:

**Reasons to quit/motivation**

**Encouragement from others/support**

**Anticipate the journey/coping**

**Develop doctor support/referral to other resources**

**You set the time**

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

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

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

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

For more information, contact:

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