

you can  
**QUIT**

we can  
**HELP**



**The New York State Smokers' Quitline offers:**

- FREE starter kit of Nicotine Patches, Gum or Lozenges\*
- Counseling to help make a quit plan
- Information about local stop smoking programs
- Informational taped messages

**Call 1-866-NY-QUITS  
(1-866-697-8487)**

**or visit [www.smokefree.com](http://www.smokefree.com)**

\*Offer limited to New York State adults (18 years of age or older) who are medically eligible.