

# Extinguish Smoking in the New Year



Every year, you go through the same cycle - make a resolution, quit, start again. This year, change the way you approach quitting. Don't resolve to quit for the new year...resolve to quit for yourself, whatever your motivation. Let the Quit For Life<sup>®</sup> Program help you create a plan that works, and never make a quit smoking resolution again.

1.866.QUIT.4.LIFE | [www.quitnow.net](http://www.quitnow.net)  
(1.866.784.8454)



Quit For Life<sup>®</sup> Program

The Quit For Life<sup>®</sup> Program is brought to you by the American Cancer Society<sup>®</sup> and Alere Wellbeing. The two organizations have 35 years of combined experience in tobacco cessation coaching and have helped more than 2 million tobacco users. Together they will help millions more make a plan to quit, realizing the American Cancer Society's mission to save lives and create a world with more birthdays.

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