

A TIP FROM A
**FORMER
SMOKER**

™

**18 years in the military
and my biggest battle
was against cigarettes.**

*Brian, age 60
Air Force Veteran
Texas*

Brian smoked and got heart disease. He went from serving his country overseas to spending his life in emergency rooms and operating rooms. Finally, he quit smoking and, years later, got a heart transplant that saved his life.

You can quit smoking.

**For free help, call
1-800-QUIT-NOW.**



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention
[CDC.gov/tips](https://www.cdc.gov/tips)

#CDCTips

You have many choices to help you quit. The Michigan Tobacco Quitline is here to help. The Quitline offers both telephone and online coaching programs.

**If you enroll now through September 30, 2019,
you can also receive up to 8 weeks of the
nicotine patch, gum or lozenge.**

Contact the Michigan Tobacco Quitline at
1-800-784-8669 or <https://michigan.quitlogix.org>

**MICHIGAN
TOBACCO QUITLINE**

1.800

Quit.Now

784.8669