



Quit Tobacco For You And Your Baby

Missouri Tobacco Quit Services have helped over 1.5 million people leave tobacco behind for good.

- Make a **personalized quit plan**
- Nonjudgmental **designated female coach** who understands you
- 24/7, 365-day **support**
- **Earn incentives** for completed calls

1-800-QUIT-NOW (784-8669)
YouCanQuit.org



SCAN TO
GET STARTED

MISSOURI TOBACCO
QUITSERVICES