

Quitting never looked *so good!*

Move your body...



Smoke-free mornings



Save big bucks



**Ready to
quit smoking?**
We can help.



*Improve your
health*



Breathe Better

*For help to quit smoking, Medicaid and talking with your health care provider can help. For additional support, call **1-866-NY-QUITS** (1-866-697-8487), or visit ***nysmokefree.com***.*



Developed by Roswell Park Cessation Services, located in Roswell Park Comprehensive Cancer Center, headquarters of the New York State Smokers' Quitline. The New York State Smokers' Quitline is funded and supported by the New York State Department of Health Bureau of Tobacco Control. Call us: Mon-Thurs 9am-9pm, Fri-Sun 9am-5pm. Taped message library and tip of the day - 24 hours / 7 days a week. Be sure to follow us on **Facebook, Twitter, Instagram, YouTube** for the latest news, tips to quit, and help from our quit coaches.