

Quit smoking for good.



**Healthy
HotSpot**

Connect to places for healthy living.

Quitting will help you:

- Breathe easier
- Save money
- Sleep better at night
- Live longer

Check out these resources

Illinois Tobacco Quitline

1-866-QUIT-YES or quityes.org

Ask about a Courage to Quit® or Freedom From Smoking® class near your home or workplace.

Smokefree.gov/smokefreetxt

Sign up online to receive supportive text messages on your cell phone.

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