

For Me  
A Day Without  
Tobacco Means:

Spending more  
time being active with  
my family.



Just by quitting tobacco for a day, you will see instant benefits – saving money, improved health and having more time for yourself. Maybe you've tried quitting several times without success, but your next quit will be the one that lasts.

If you want to see what the rest of your life without tobacco would look like, enroll for **free** in the Quit For Life® Program today. You may even qualify for **free** nicotine replacements, such as patch or gum.

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



The Quit For Life® Program is brought to you by Alere Health, LLC and the American Cancer Society. The two organizations have 40 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.

\*The carbon monoxide level in the blood decreases to normal within 24 hours of quitting according to the American Cancer Society®.

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