



Start this spring out fresh – put out the last cigarette  
Make your plan to quit smoking today!  
Call 800-814-1508 to request a TLC Quit Kit

Have you thought about quitting smoking?

Why not make a decision - once and for all - to take the last cigarette?

Most smokers want to quit for one of more of these reasons:

- To take a giant step toward improved health and longer life.
- To feel less winded and have more energy.
- To enjoy the taste of food more.
- To live longer to be with family and friends.
- To reduce secondhand smoke exposure to family members.
- To spend cigarette money on other enjoyable things.

If you want to quit, **TLC: The Last Cigarette** can help you kick the habit.

**TLC: The Last Cigarette** will provide you with the information and resources you need to quit smoking successfully, for better health and a longer life. [Just click here to take the first step of becoming a non-smoker](#) or call **1-800-814-1508** and request your **TLC Quit Kit**.

Other resources available to help you quit include:

National Quit Smoking Resource	<a href="http://www.smokefree.gov">www.smokefree.gov</a>	1-800-QUIT-NOW 1-800-784-8669
You Can Quit Smoking Resource	<a href="http://www.ahrq.gov/path/tobacco.htm">http://www.ahrq.gov/path/tobacco.htm</a>	
American Cancer Society	<a href="http://www.cancer.org">www.cancer.org</a>	1-877-YES-QUIT 1-877-937-7848
American Lung Association	<a href="http://www.lungusa.org">www.lungusa.org</a>	1-866-QUIT-YES 1-866-784-8937