

QUIT WITH US, LA

L I V E L I F E T O B A C C O - F R E E

Select all that apply.

- I commit to going one day without tobacco products.
- I commit to visiting QuithWithUsLa.org for help to quit using tobacco products.
- I commit to enrolling in cessation services.
- I commit to supporting a loved one who needs help quitting tobacco products.

Signed

Date

HOW TO START CESSATION SERVICES

I-800-QUITNOW

Text **READY** to **34191**

www.QuitWithUsLa.org

Teens (ages 13-17) who vape: Text **VAPEFREE** to **873373**.

I will keep this card a reminder of my commitment to myself.

