

OPEN NOW

MICHIGAN TOBACCO QUITLINE

Michigan Tobacco Quitline is now open to all MSU employees, spouses of MSU employees, and MSU students. It is a **FREE** service that provides you with a professional Quit Coach, a personalized quitting strategy, and other resources to help you quit smoking. You can even call if you are helping someone else to quit smoking. Call 1-800-QUIT-NOW (1-800-784-8669) to learn about how you can get help to quit smoking.



1-800-QUIT-NOW
(1-800-784-8669)

**FREE TO ALL
MSU EMPLOYEES,
SPOUSES OF MSU
EMPLOYEES, AND
MSU STUDENTS**

**GET A
PROFESSIONAL
QUIT COACH**

**PERSONALIZED
QUITTING STRATEGY**

**CALL
1-800-QUIT-NOW
(1-800-784-8669)
TO LEARN MORE**

Michigan Department
of Community Health

MSU Healthy Campus
Initiative

MSU Physician's Office