

Why do you want to quit smoking?



“I felt lousy from smoking. I wanted to feel good.”

*Margie, homemaker, quit for 5 years



“I didn't want my son to get sick from secondhand smoke.”

*Juan, dad, quit for 2 years



“I wanted to be around for my grandkids.”

*Ruthie, grandma, quit for 4 years



“I spent a lot of money on cigarettes. I wanted to buy other things.”

*Rick, construction worker, quit for 1 year

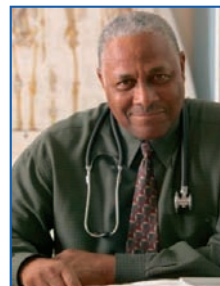
Whatever your reason for quitting, **your life will be healthier without cigarettes.**

*Based on real stories

The **QUITWORKS-RI** team: **You. Your coach. Your doctor.**

- You fill out a form and your doctor sends it to **QUITWORKS-RI**.
- Then your coach calls you for private telephone conversations.
- Together, you set your goals for quitting.
- We talk about how to deal with the stress and feelings that go along with quitting.
- We talk to you about stop smoking medicines like the nicotine patch, gum and prescriptions.
- With your permission, your coach lets your doctor know how you are doing.
- Remember, it's free.

“After 30 years in practice, I believe the single most important thing you can do for your health is quit smoking. Ask your doctor about **QUITWORKS-RI now.”**



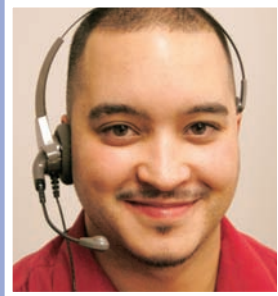
QUITWORKS-RI

Quitting never felt so good.

We know it takes most smokers several tries before they can quit. This time, have **QUITWORKS-RI** with you every step of the way. **You can quit.**

“I've coached hundreds of smokers who are happier and healthier now that they are smoke-free.”

Angel
QUITWORKS-RI Coach
since 2004.



For more information about **QUITWORKS-RI** call:

1-800-879-8678

Español
1-800-833-5256

TTY
1-800-833-1477

Make smoking history.

Sponsored by the Rhode Island Department of Health in collaboration with the Try-To-STOP TOBACCO Resource Center of Rhode Island (JSI Research & Training Institute, Inc.)
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QUITWORKS-RI can help you quit smoking.

**Thousands of people
are living proof.**

Ask your doctor about
the free **QUITWORKS-RI**
program today.