

Help your heart by quitting smoking.
Call Maryland's Quitline today!

Available to all BCPS Employees and Families

Features:

- The toll-free Quitline, 1-800-QUIT-NOW (1-800-784-8669), provides FREE, telephone-based quit smoking counseling. You can also go to the Quitline web site www.smokingstopshere.com for more information.
- You can call the Quitline seven days a week between 8:00 a.m. and midnight. It's FREE, confidential, and anonymous.
- If you decide you want help quitting, you will be assigned a highly trained "Quit Coach" who will help guide you through the quit smoking process. You can call your Quit Coach anytime.
- **FREE nicotine patches** for those who call the Quitline (while supplies last) **Free nicotine patches, gum, or lozenge are also available in Baltimore County's FREE quit smoking classes.**
- Call today to take the first step toward a tobacco-free life!



BALTIMORE COUNTY
MARYLAND

Baltimore County Department of Health
Baltimore County Executive Jim Smith and the Baltimore County Council