



**Quitting cold turkey alone can be difficult.**

With free, confidential support from Quitline NC, you don't have to go it alone. Call 1-800-QUIT-NOW (1-800-784-8669) any time between 8 a.m. and midnight to talk to a professionally trained Quit Coach. They'll help you warm up to cold turkey and stay tobacco-free for good.



QuitlineNC.com

1-800-QUIT-NOW

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