

# Quitting never looked *so good!*

*Move your body...*



*Tobacco-free mornings*



*Save big bucks*



**Ready to  
quit tobacco?**  
*We can help.*



*Improve your  
health*



*Breathe Better*



**For help to quit smoking or vaping, call  
1-866-NY-QUITS (1-866-697-8487), visit  
[nysmokefree.com](http://nysmokefree.com), or text QUITNOW to 333888.**