

A last minute gift idea for the whole family.



If you ever thought about quitting smoking, here's a gift from the Maine Tobacco HelpLine. It includes personal coaching and a plan designed just for you. You may even be eligible for free medication to make quitting less difficult. A tobacco-free life is a gift everyone deserves.



Healthy Maine Partnerships

Partnership For A Tobacco-Free Maine

Maine Department of Health and Human Services
Maine Center for Disease Control and Prevention

**Call the Maine Tobacco HelpLine
1-800-207-1230**

It's free, confidential, and it really works.



2008

The year you changed your life.

The year you quit smoking. The Maine Tobacco HelpLine can help you quit smoking for good, with personal coaching and a plan designed just for you. You may even be eligible for free medication to make quitting less difficult. All reasons why 2008 could be a very happy New Year.



1-800-207-1230

THE MAINE TOBACCO HELPLINE

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