

Thibodaux Regional Health System can help you

QUIT SMOKING FOR LIFE

You are eligible for FREE help to quit smoking, if you meet the following requirements:

- are a resident of Louisiana
- started smoking cigarettes before September 1, 1988.

Includes: • Medications • Group & Individual Counseling • Quit Line coaching

We will provide the tools to help you quit smoking for life:

- Benefits of quitting
- Quitting methods
- Coping tools to get through the urges

**To enroll, or for more information,
CALL 985.449.4686**



**THIBODAUX REGIONAL
HEALTH SYSTEM**