



Quit  
Smoking

## THE HELP YOU NEED IS HERE

### Tobacco Cessation Counseling

#### Help is Free and Only a Phone Call Away!

Premier Health offers a free five-week program designed to help you quit smoking. A certified tobacco treatment specialist provides counseling and support to help you quit for good.

**Call Toll Free 1-866-608-3463 for more information.**



[premierhealth.com/stopsmoking](http://premierhealth.com/stopsmoking)