

HAWAI'I TOBACCO QUITLINE

1-800 QUIT-NOW

HAWAIIQUITLINE.ORG | 1-800-784-8669

“This is my last pack, I'll quit tomorrow.”

No more excuses.

Smoking tobacco costs the average smoker in Hawai'i over \$3,600 per year, but FREE nicotine patches, gum, and lozenges can help you quit.

Enroll for FREE

Call

1-800-QUIT-NOW



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Stop the excuses and start your quit journey with the Hawai'i Tobacco Quitline.