



QUIT WHEN YOU WANT,

HOW YOU WANT.

**Do you want to quit
smoking or vaping?**

My Life, My Quit™ can help.

To get started, text "Start My Quit" to
36072*, sign up at az.mylifemyquit.org
or call 855-891-9989.

*Message and data rates may apply.



Free, confidential support.



24/7 live coaching.



Phone, text or chat.



Online tools and resources.

ASHLINE
Arizona Smokers' Helpline

MY LIFE MY QUIT