

# Most College Students Who Smoke Say They Want to Quit Before They Graduate.



## Why Wait?



QuitlineNC.com

1-800-QUIT-NOW

**The best way to quit is a phone call away.**

**1-800-QUIT-NOW** connects you to your own quit coach - someone who knows what works when you're ready to quit smoking for good. Your quit coach will help you create a plan for quitting and give you the support to stick to it. Quitline is available 8 am - 3 am.

It's free and it works.

**1-800-QUIT-NOW (1-800-784-8669)**

