

TAKING  
**TEOAS**  
TOBACCO FREE



CANCER PREVENTION & RESEARCH  
INSTITUTE OF TEXAS

I'd like to  
quit smoking.

I don't know  
where to start.

\*Stock Image

**YOUR HEALTHCARE PROVIDER CAN HELP. ASK THEM ABOUT YOUR OPTIONS OR CALL 1-800-QUIT-NOW.**

 **Integral Care**

**HEALTH**  
Research Institute  
Helping Everyone Achieve a Lifetime of Health

UNIVERSITY of  
**HOUSTON**