

TOBACCO EDUCATION & PREVENTION PROGRAM

call it quits

Name _____

Date _____

Reasons to quit tobacco:

- Feel and look better
- Improve your overall health
- Protect family and friends from second and third hand smoke
- Savings of over \$1,400 a year!

E-cigs are just as addictive.

Counseling and/or group support will increase your chances of quitting tobacco.

We are ready to help!

Contact "Call It Quits"
to quit tobacco

**(805) 201-STOP
(7867)**

CallitQuits@ventura.org

www.vchca.org/ph



VENTURA COUNTY
PUBLIC HEALTH
A Department of Ventura County Health Care Agency

Healthcare Professional

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