

## **Quit Smoking or Using Other Tobacco for the <Holidays or New Year>**

With a new year ahead, make a resolution for a healthier life for you and your family.

If you want to quit smoking or using other tobacco products and tried in the past, don't give up. Many users say quitting is the hardest thing they've done and help is available, so keep trying!

The Massachusetts Smokers' Helpline at 1-800-QUIT NOW ([1-800-784-8669](tel:1-800-784-8669)) is available for free coaching 24 hours each day, seven days a week (except Thanksgiving and Christmas) to support you through quitting. In addition, now you can enroll online through [KeepTryingMA.org](http://KeepTryingMA.org). Online supports include quit planning tools, peer support and motivational text messages.

For more information, visit [KeepTryingMA.org](http://KeepTryingMA.org) or call Tina Grosowsky at 508-856-5067. Make the choice to quit today, making the holidays and New Year tobacco free.