

# TIME TO QUIT

A close-up photograph of a person's hands. The left hand holds a lit cigarette, and the right hand holds a red and black pack of cigarettes. The person is wearing a blue and white striped shirt. The word 'QUIT' is overlaid in large, white, sans-serif capital letters across the bottom half of the image.

Quitting tobacco is hard, but  
we're here to help!

Make quitting EZ with the Telephonic Tobacco Cessation Program from LivEZ. Talk with specialists to develop a personalized quitting plan and receive ongoing support to help kick your habit!

Contact the LivEZ team to get more information on how to join the program

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