



# Make Quitting Tobacco & Nicotine a Priority

## Time to make the changes YOU want to make

Need help quitting? No problem! We are offering a FREE tobacco/nicotine cessation program called QuitWell™. In addition to the program kit, QuitWell™ coaches are ready to help you set goals, create an action plan, and celebrate your success. Enroll in QuitWell™ and check it off your list.

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### YOU CAN DO IT.

Sign up today to receive your free kit! Coaching calls can be made at a time convenient for you.

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**Enroll Today @ [CoreHealthyLife.com/HealthCoaching](https://CoreHealthyLife.com/HealthCoaching)**

or call 800.345.2476 and press 1



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