

# Break Free from Tobacco & Nicotine

Whether you smoke, dip, or vape, you are inviting harmful chemicals into your body. E-cigarettes don't contain tobacco, but vaping still comes with highly addictive nicotine and many other dangerous ingredients. Quitting all forms of tobacco and nicotine is the best thing you can do for your health.

Making a change can feel like a lot, but you don't have to do it alone. Find freedom from all forms of tobacco and nicotine, one step at a time. Work with a QuitWell® coach through this FREE program.

Your coach can help you connect to what motivates you and see how strong and capable you are. This is the year you make the changes you want to make.

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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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**Lubrizol**