

Tom Quit. Now He Can Help You.

When you call the Quit For Life® Program, you'll talk with a highly trained Quit Coach®, many a former tobacco user like Tom Gray. He overcame some of the same struggles you will face, and he understands what it takes to quit for good.

Name: Tom Gray Hometown: Leoti, Kansas

How long did you use tobacco? I started as a young teenager. I was a freshman in high school, if not an eighth grader. I finally quit for good when I was 29 or 30.

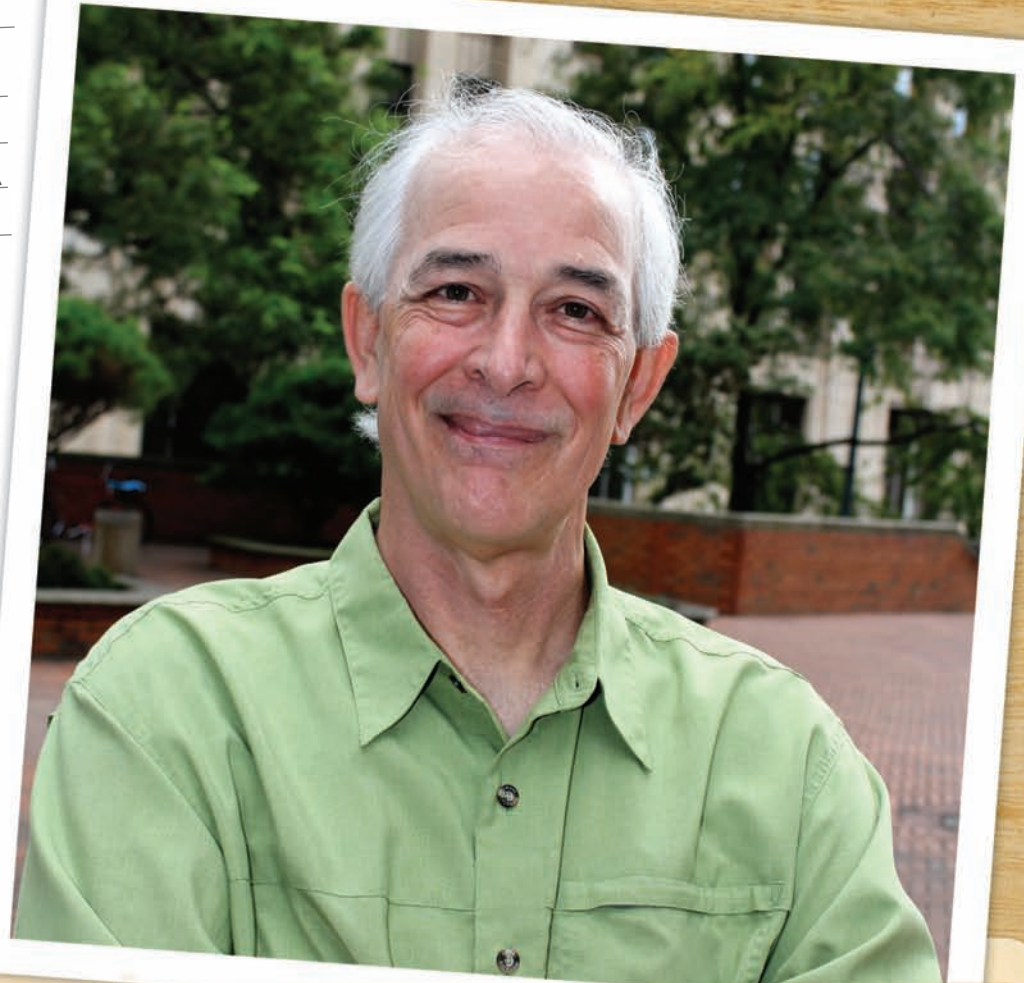
What motivated you to quit? I hated it. I had a dad, who I watched him hack up a lung every morning, and I saw my future right there. I saw the writing on the wall if I didn't quit.

What was your biggest struggle while quitting? I quit several times before I finally did it. Being around other smokers was a struggle. Having a beer and not wanting a cigarette was a struggle.

It's FREE. It's Confidential. It works.

1.866.QUIT.4.LIFE | www.quitnow.net

(1.866.784.8454)



The Quit For Life® Program is brought to you by the American Cancer Society® and Free & Clear®. The two organizations have 35 years of combined experience in tobacco cessation coaching and have helped more than 1 million tobacco users. Together they will help millions more make a plan to quit, realizing the American Cancer Society's mission to save lives and create a world with more birthdays.

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