

BREAK THE ADDICTION - BE SMOKE-FREE



Nebraska Smoking Cessation Awareness Week November 11–17, 2018



Talk to your doctor or healthcare provider today about **smoking cessation treatment** options that may be right for you.



Call the Nebraska Quitline at **1-800-QUIT-NOW** (1-800-784-8669) for access to resources.



Use **#NEsmokefree** to share your quit story on **Twitter, Instagram, and Facebook**, and find more information about Quit Week events.

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