



# Want to quit tobacco?

## We can help!

**FREE nicotine patches, lozenges, and gum!**



The Orange County Health Department is now offering **FREE** Nicotine Replacement Therapy (NRT) patches, gum, and lozenges to those who live or work in Orange County **and** enroll in a **FREE** program. Quitting tobacco use alone can be tough. You can increase your chances of quitting for good by getting support and NRT. Supply is limited so call today!

To qualify, you must:

- Be 18 or Older
- Willing to complete intake and follow-up surveys
- Live or Work in Orange County
- Commit to a Quit Date
- Attend Freshstart series



### **SIGN UP NOW!**

**Upcoming Classes:** Classes meet one hour per week for four sessions

**Day & Time:** Tuesday evenings or Wednesday during the day

**Location:** Classes are offered in Hillsborough and Chapel Hill

**Call to find out when the next class starts!**

Call now to register for the FREE class and Nicotine Replacement Therapy  
**919-245-2480** or **smokefreeoc@orangecountync.gov**

Prefer one-on-one support? QuitlineNC connects you with a private quit coach available 24 hours a day, seven days a week. 1-800-QUIT-NOW

