

A last minute gift idea for the whole family.



If you ever thought about quitting smoking, here's a gift from the Maine Tobacco HelpLine. It includes personal coaching and a plan designed just for you. You may even be eligible for free medication to make quitting less difficult. A tobacco-free life is a gift everyone deserves.



Healthy Maine Partnerships

Partnership For A Tobacco-Free Maine

Maine Department of Health and Human Services
Maine Center for Disease Control and Prevention

**Call the Maine Tobacco HelpLine
1-800-207-1230**

It's free, confidential, and it really works.

The image shows the year '2008' in large, 3D, dark grey numbers. The number '8' is decorated with a silver party hat and a garland of lights. The background is white with a dense pattern of small, dark, confetti-like particles.

The year you changed your life.

The year you quit smoking. The Maine Tobacco HelpLine can help you quit smoking for good, with personal coaching and a plan designed just for you. You may even be eligible for free medication to make quitting less difficult. All reasons why 2008 could be a very happy New Year.



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