

# OPEN NOW

# MICHIGAN TOBACCO QUITLINE

Michigan Tobacco Quitline is now open to all MSU employees, spouses of MSU employees, and MSU students. It is a **FREE** service that provides you with a professional Quit Coach, a personalized quitting strategy, and other resources to help you quit smoking. You can even call if you are helping someone else to quit smoking. Call 1-800-QUIT-NOW (1-800-784-8669) to learn about how you can get help to quit smoking.



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SPOUSES OF MSU  
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GET A  
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TO LEARN MORE

Michigan Department  
of Community Health

MSU Healthy Campus  
Initiative

MSU Physician's Office