

Quit

“Recognizing small steps  
on the road to recovery helps along the way.”

—Maureen Kane

*Registered Nurse*

Manet Community Health Center  
at North Quincy

**Smoking is the number one cause  
of preventable death and disease  
in Massachusetts.**

If you're a MassHealth member, you're eligible  
for medicines and coaching to help you quit  
smoking. Take the first step by talking with  
your provider.

If you don't have MassHealth, you can  
access *free telephone counseling* at  
**1-800-TRY-TO-STOP** (1-800-879-8678).

**IF YOU SMOKE, QUITTING IS THE BEST THING  
YOU'LL DO TODAY.**

For more information and  
quit smoking resources, visit:

**Tobacco Free Mass**

[www.tobaccofreemass.net](http://www.tobaccofreemass.net)



[www.manetchc.org](http://www.manetchc.org)

