

DOES YOUR **SWEETHEART** HAVE **SWEET BREATH**?



Call the Quitline
today and make
this Valentine's
Day the
SWEETEST.

FREE *Nicotine Replacement Therapy*
is now available for dependent
Spouses of Active Duty Members.



*Spouses and dependents of Active Duty members over
the age of 18 can enroll in the Mayo Clinic Tobacco
Quitline for the Coast Guard and receive at NO COST:*

- *Tobacco cessation counseling from a trained counselor*
- *A personalized tobacco quit plan*
- *Free nicotine replacement therapy (patches, gum, lozenges) mailed directly to your home*
- *Support and tips for family members trying to help a loved one break free from tobacco use*

1-888-642-5566

*Hours (CST): Monday – Friday, 7:00 a.m.-10:00 p.m.
Saturday 8:00 a.m. – 5:00 p.m.
Sunday 10:00 a.m. - 4:00 p.m.*



DO YOUR **KISSES** TAKE HER **BREATH** AWAY?



Smokeless is not harmless.

FREE Nicotine Replacement Therapy is now available to help dippers quit for good.



Call the Mayo Clinic Tobacco Quitline for the Coast Guard and receive:

- *Tobacco cessation counseling from a trained counselor*
- *A personalized tobacco quit plan*
- ***Free nicotine replacement therapy*** (patches, gum, lozenges) *mailed directly to your home*
- *Support and tips for family members trying to help a loved one break free from tobacco use*

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