



MY LIFE [★] MY QUIT

FREE. CONFIDENTIAL QUIT-NICOTINE PROGRAM.

ENROLL AT [MYLIFEMYQUIT.COM](https://mylifemyquit.com)

OR

TEXT “START MY QUIT” TO 36072

Print My Life, My Quit flyers and palm cards at [Free Promotional Materials](#) to give to students and parents who have questions about the My Life, My Quit program.

