

YOU CAN QUIT. WE CAN HELP.

Arizona Smokers' Helpline: 1-800-556-6222 • ashline.org
Free telephone coaching, tobacco cessation support services

UA Campus Health Service: 520-621-9202 • www.health.arizona.edu
Prescription/over-the-counter tobacco cessation aids, counseling services

UA Life & Work Connections: 520-621-4601 • lifework.arizona.edu
Employee Wellness provides individual tobacco cessation coaching and resources through UA health benefits and referrals to community resources

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