

**COMING SOON!**

# THE "I Quit" CHALLENGE

This challenge will help you make the decision and get support for the effort to quit tobacco use in any form.

Do You Want to  
**QUIT Tobacco?**  
Your Opportunity Is **NOW!**

- You Can Do It—**
1. Develop a Quit Plan
  2. Choose Your Individual Goal
  3. Quit Tobacco Use
  4. Utilize Resources & Support
  5. Receive Recognition & Stay Quit

Sign Up for the Challenge starts on \_\_\_\_\_

**The Challenge will begin on** \_\_\_\_\_

All employees can participate and serve different roles in the challenge.  
**Don't be left out!**

For more information about the "I Quit" Challenge, contact the challenge coordinator  
\_\_\_\_\_ at \_\_\_\_\_

This activity is presented by your Worksite Wellness Committee

**1-800-QUIT NOW**

NORTH CAROLINA  
Health  Wellness  
TRUST FUND

  
NC Tobacco Prevention and Control Branch

North Carolina  
**HEALTH**  
*Smart*