

Quit Smoking Today

Are you ready to quit smoking? That's half the battle. Your first day without cigarettes can be difficult, but having a plan can help. Empire understands that breaking the habit is not easy, but they are ready to guide you through any cravings or withdrawal symptoms you may experience on your path to becoming tobacco-free. See the flyer below to learn about proven ways to cope with addiction, and call 800-QUIT-NOW for immediate, one-on-one support from a trained counselor who will work with you to develop a plan.

Attachments:



[Empire Smoking Cessation Information.pdf](#)