



SECONDHAND SMOKE
SMOKE-FREE HOUSING

IN THE INTEREST OF THE HEALTH OF OUR TENANTS,
THIS FACILITY IS GOING SMOKE-FREE ON:

**IF YOU WANT TO QUIT SMOKING OR VAPING,
FREE SUPPORT IS AVAILABLE.**

802Quits offers tips, tools and quit medications to help you quit cigarettes, e-cigarettes, vape pens, chewing tobacco, dip, hookah or another tobacco product.

QUIT YOUR WAY

BY PHONE



1-800-QUIT-NOW
One-on-one coaching
(for age 13 and older)
FREE

IN-PERSON



Vermont Quit Partners
Small group peer support
(for age 18 and older)
FREE

ONLINE



802quits.org
You navigate your quitting
(for age 13 and older)
FREE

FIND THE PATH THAT'S RIGHT FOR YOU AT
802QUITS.ORG



**YOU CAN QUIT.
WE CAN HELP.**