



Great American Smokeout: November 19, 2009

"There's Never Been a Better Time to Quit"

North Carolina Former Smokers ♥ QuitlineNC

QuitlineNC made a difference:

"My wife will kiss me now instead of making a face at me. Many thanks to the first coach I talked to who gave me such good suggestions. I feel really good now."

"Each minute you spend doing this is like dog years for what it does for the person you're talking to – it's adding years of life to minutes on the phone. It makes a world of difference."

"I'm almost never this open to anyone, but you made me feel comfortable. You do your job real well. I now feel like I can do this, because I have an itinerary. It all makes sense to me now that it's not only psychological but physical as well. Thanks. I can do this."

"You all gave me the knowledge to know how to quit, and knowledge is power. And power is the ability to make things happen. I feel empowered. The cigarettes no longer have control over me, I have control over them."

"You guys inspire me so much! I can't tell you how much you Coaches help me. I raved to my doctor about you and now he has info about your program in every room at his office! Thank you so much--I recommend you to everyone!"

"Knowing I have a plan and have a quit date feels helpful already ... talking to you is really helpful as well – I've never spent a half hour just talking about smoking before. I think you absolutely are amazing!"

"I really appreciate talking with you; I feel a lot stronger now; thank you so much!"

"I wake up in the mornings no longer wanting a cigarette, instead of smoking I now walk. It was nice knowing that I could talk to someone that knew what I was going through. I'm telling everyone about you guys. It was a lot easier than I thought."



Make a difference in your life.

Call QuitlineNC at 1-800-784-8669



State of North Carolina, Beverly Eaves Perdue, Governor - Department of Health and Human Services, Lanier M. Cansler, Secretary - Division of Public Health
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