

A man wearing a straw hat and a child are standing in a field of tall grass, flying a large, colorful rainbow kite. The sun is low in the sky, creating a warm, golden glow. The kite is in the upper left corner, and the man and child are on the right side of the frame, looking up at the kite.

There are many reasons to quit tobacco.

What's yours?

Don't give up.
It can take several attempts to quit.
Every try counts.

Quitting is easier when you have support you can count on every step of the way. Learn about the programs that support you living tobacco free at hca.wa.gov/tobacco-free.