



Call 1-866-NY-QUITS  
Visit [nysmokefree.com](http://nysmokefree.com)  
Text QUITNOW to 333888  
Texto DÉJELO YA NY al 333888

*"Getting medications so quickly motivated me to make a focused quit-attempt."*



**Chris V.**  
Age 43  
Latham, NY



## Capital Region Success Story

Chris first tried cigarettes in college at age 19. Although he did not consider himself a heavy smoker, he had trouble overcoming addiction until a friend recommended contacting the New York State Quitline for support. Chris was extra motivated to quit for his two young sons and achieved success through free coaching and free nicotine patches and gum.

*"Smoking felt like a shameful addiction. Between the Quitline, family, friends and my fiancée, I had people to keep me honest and keep my drive going to become tobacco-free."*