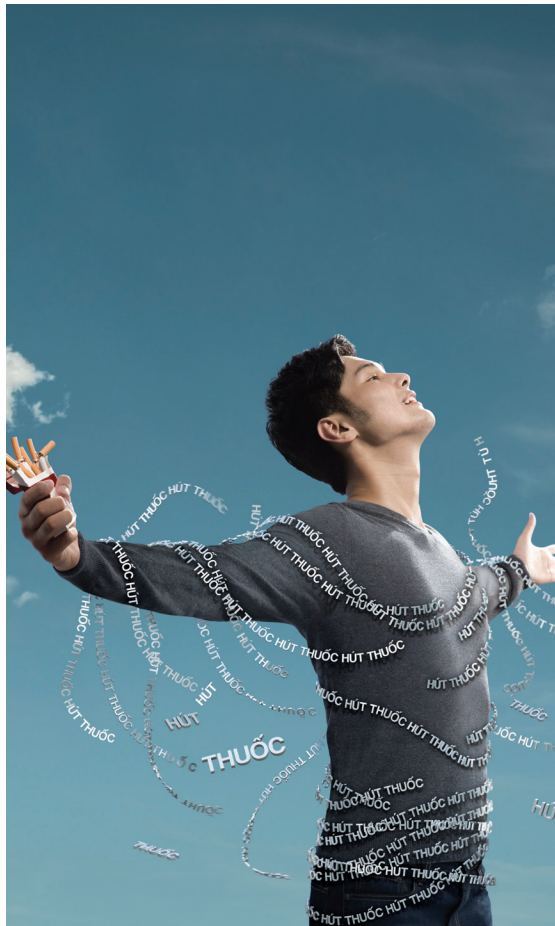


Free Yourself from Smoking!



Thousands of people have already quit.

You can too! The Asian Smokers' Quitline (ASQ) can help.

What is ASQ?

- A free smoking cessation program that doubles your chance of quitting smoking
- A nationwide service funded by the Centers for Disease Control and Prevention (CDC)

What does ASQ offer?

- One-on-one cessation counseling in Chinese, Korean and Vietnamese
- In-language self-help materials
- Free nicotine patches sent directly to the smoker

ASQ is open:

- Monday-Friday, 7 AM – 9 PM, PST
(10 AM – Midnight, EST)

Services provided in:

- Chinese 1-800-838-8917
- Korean 1-800-556-5564
- Vietnamese 1-800-778-8440

Learn more about us:

www.AsianSmokersQuitline.org

Contact us:

asq@ucsd.edu