



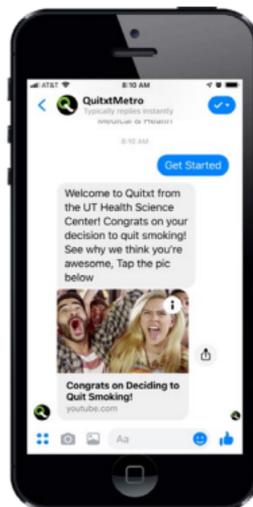
QUIT SMOKING START LIVING



Quitxt is now on Facebook Messenger! Search for QuitxtMetro to get free help to quit smoking!

Here's how to do it:

1. Open Facebook Messenger
2. In the search bar, type and then click on QuitxtMetro
3. Click on Get Started to enroll



Did you know text-message support is scientifically proven to double your odds of quitting smoking? Quit smoking for good with *Quitxt*, a free service that turns your phone into a personal quit coach by providing text messages with motivation to quit, setting a quit date, real-time help handling stress, and more.