

**SOUTHWEST
ALLIANCE FOR
TOBACCO
PREVENTION**

In The News



**Everyone who
buys tobacco
must be at least
21**

The federal minimum age to buy tobacco has changed from 18 to 21. The move is expected to save hundreds of thousands of lives!

[Learn More](#)

Has 2020 Been the Year to Quit Tobacco? Insights from Live Chats

2020 has been quite a year, hasn't it? And not just to try to quit tobacco. This year has upended almost every way we normally would approach our lives.

[Learn More](#)



Educational Opportunities

Sign up for SmokefreeTXT for Teens

This is a great way to help teens quit smoking! Sign up to have text messages sent directly to their phones to help them. Here is a sample:

Cravings can be triggered by seeing other people smoking. Spend time in places where smoking isn't allowed. Try



*malls, museums, or the
movies.*

Sign Up!



Take Back Control. Make Your Quit Plan.

Quitting vaping can be easier if you have a plan. Making your personalized quit plan will keep you on track, help you through hard times, and increase your chances of quitting.

Complete 6 steps to get your personalized quit plan.

Start Now

Please Consider Donating

Empowering healthy behaviors through and
advocacy to sustain a tobacco free life.

WISCONSIN TOBACCO
QuitLine
800-QUIT-NOW


**CLEAR
GAINS**
WISCONSIN
SMOKE-FREE
LIVING
MATTERS

FACT

