

Are you interested in quitting smoking? There's free help.

**QUITPLAN Services
is a free program
to help you quit smoking.
It provides coaching
and nicotine replacement therapy
(like the patch).**

**Contact QUITPLAN Services
1-888-354-7526
www.quitplan.com**

For reasonable accommodations or alternative formats
please contact 311 at 612.673.3000.

People who are deaf or hard of hearing can use a relay service to
call 311 at 612-673-3000.

TTY users can call 612-673-2157 or 612-673-2626.

Para asistencia 612-673-2700, Yog xav tau kev pab, hu
612-673-2800, Hadii aad Caawimaad u baahantahay 612-673-3500.



**For the health of all
residents, this building is
100% smoke free.**

If you smoke, thank you for taking it outside.



**All MPHA public housing properties
are smoke-free as of August 2018.**

Supported by the Statewide Health Improvement Partnership, Minnesota Department of Health