



# Quit Tobacco with Wellness Coaching

The Quit Tobacco program can help you live your life free of tobacco and vaping with the support you need to make it a reality. It includes an on-demand coach, an online course plus activities and interactive tools to help you along the way. Plus, it's all included in your benefits, so there's no additional cost.

## Here's what you can expect:



### Commit to Quit

Check out the benefits of quitting, find your motivation, and choose a quit date.



### Set Up for Success

Learn how to tobacco-proof your life with information on medications for quitting and strategies for managing cravings.



### Get Support

Discover how support networks can help you connect with others when you need it.

Get started today at [ymca.werally.com](https://ymca.werally.com) or call **1-800-478-1057, TTY 711.**

Connect with a coach 7 am to 10 pm Monday-Thursday, 7 am to 7 pm Friday, 8 am to 4:30 pm Saturday, Central Time.

## YMCA Employee Benefits