



# smoke**free**60+

## Quit Smoking Today! WE CAN HELP.

### About Smokefree 60+

Smokefree 60+ is intended to help you or someone you care about quit smoking. Different people need different resources as they try to quit. The information and professional assistance available on this website can help to support both your immediate and long-term needs as you become and remain a non-smoker.

#### Think!

- **Get motivated!**  
What are your reasons for quitting?

#### Prepare!

- **Learn about tools and tips to help you prepare for your quit date and the weeks to follow.**

#### Quit!

- **Pledge to quit and create your quit plan.**

#### Features of Smokefree 60+

- Personalized quit plan
- Tools and tips to help you quit smoking
- Related information on a healthier lifestyle: physical activity, healthy eating, depression, lifestyle changes
- Connect to a quit smoking counselor
- Other free resources including interactive features, print resources, mobile tools, quizzes, and more!



[60plus.smokefree.gov](http://60plus.smokefree.gov)

