

# TRS-ActiveCare TIPS TO QUIT SMOKING

Tune in to the worksite wellness podcast by Blue Cross and Blue Shield of Texas for a short episode to learn how to quit smoking. We'll cover:

- how quitting improves your overall health
- tips for getting started
- who you can reach out to for help



**Listen to the podcast at your convenience!**

Click on the link below or scan the QR Code:

**Tips to Quit**



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