

# ADDRESS YOUR STRESS.

To relieve stress,  
try this



Taking a walk



Sleeping a full  
8 hours



Connecting with  
loved ones

Brought to you by

# PIVOT

Sign up for Pivot!  
The world's most achievable  
quit smoking program.



## The benefits of quitting smoking include



Reduces stress levels



Improves mood



Can help relieve anxiety  
and depression

**Start Today!**

Or go to [account.pivot.co/partner](https://account.pivot.co/partner)  
to enter the code **[CODE]**.

