Message 1: Preserve What You’ve Built

Text Message: Preserve what you’ve built, (name) -- Quit smoking. Call Trestle Tree at 866-856-4632 to talk to a coach.
Message 2: Kids Do What You Do

Children who grow up around adults who smoke are more likely to become smokers themselves.

You already show the kids in your life how to work hard, how to build things. Now it's time to show them the most important thing: how to take care of themselves.

Quit smoking for the children. They will follow your lead.

Call Tresle Tree® at 866-856-4632 to talk to a coach.

Text Message: (name), be a good model for the kids who look up to you -- Quit smoking. Call a Trestle Tree coach at 866-856-4632.
Message 3: Double Trouble

Text Message: Smoke + Dust = Double Trouble, (name) -- Quit smoking. Call Trestle Tree at 866-856-4632 to talk to a coach.
Text Message: (name), be a good model for the kids who look up to you -- Quit smoking. Call a Trestle Tree coach at 866-856-4632.
Message 5: Preserve What You’ve Built

Text Message: Preserve what you’ve built, (name) - Quit smoking. Call Trestle Tree at 866-856-4632 to talk to a coach.
Message 6: Double Trouble

Text Message: Smoke + Dust = Double Trouble, (name) -- Quit smoking. Call Trestle Tree at 866-856-4632 to talk to a coach.