

**This piece of paper
can't make you quit
smoking...**



But the truth should.



**Smoking hurts you
and those around you.**



**One of the best things
you can do for your
health is to be
smoke-free at all times.**

**If you don't smoke,
don't start.**

**If you smoke, talk to
your doctor or nurse
about quitting
smoking today.**

You can do it.

**Call the quitline or visit
www.ceasetobacco.org
for more information on
how to be smoke-free.**

CEASE can help.

CEASE

1-800-QUIT-NOW

1-800-784-8669

www.ceasetobacco.org

