

A TIP FROM A
**FORMER
SMOKER**

™



**I quit so I'd be more than
a memory to my daughter.**

*Rico, age 48, California
Gabby, daughter, age 20*

*After surviving cancer, Rico quit smoking.
Quitting not only increased his chances of
survival, it was the start of a new and
happier life for him and his family. In 2013,
he witnessed his daughter graduate high
school and go off to college.*

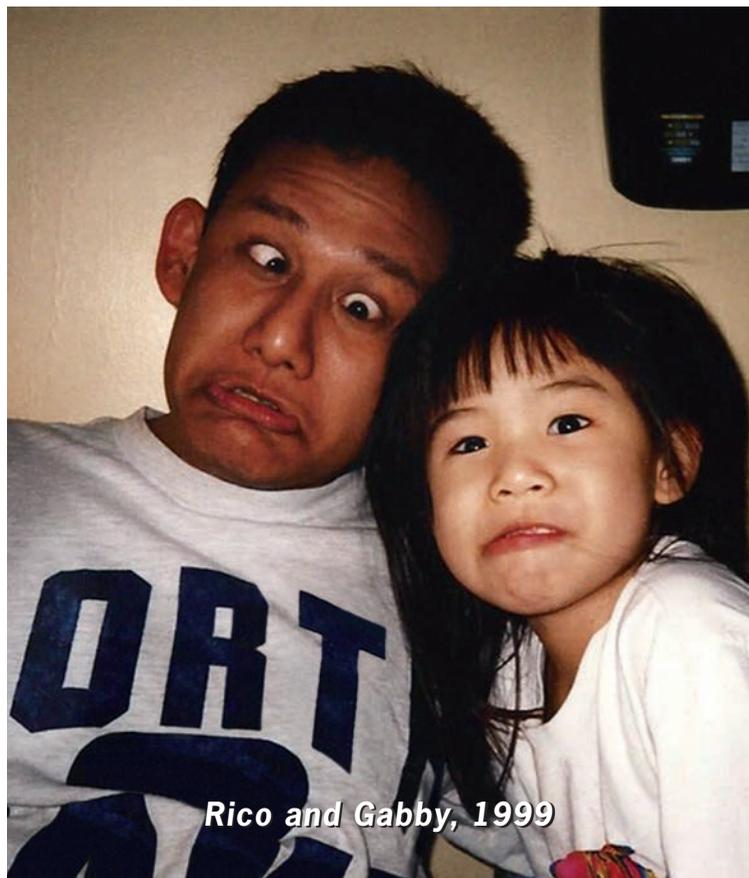
You can quit smoking.

**For free help, call
1-800-QUIT-NOW.**



**U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention
CDC.gov/tips**

#CDCTips



Rico and Gabby, 1999