

A TIP FROM A
**FORMER
SMOKER**

***RECORD YOUR
VOICE FOR LOVED
ONES WHILE
YOU STILL CAN.***

Terrie, Age 52
North Carolina



Smoking causes immediate damage to your body.
For Terrie, it gave her throat cancer. You can quit.
For free help, call **1-800-QUIT-NOW**.

#CDCTips



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