

A TIP FROM A
**FORMER
SMOKER**

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Quitting isn't about what you give up. It's about what you get back.

Rebecca, age 57, Florida

Rebecca struggled with depression. She thought smoking would help, but it just made her more depressed. When she quit smoking it changed her life, mentally and physically. Now she runs 5Ks and hopes to live to be a hundred.

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](https://www.cdc.gov/tips)**

#CDCTips

