A TIP FROM A
FORMER
SMOKER

LET YOUR KIDS INSPIRE YOU TO QUIT.

Beatrice, Quit at age 37
New York

There are a lot of reasons to quit smoking. Don't stop trying until you find yours. Beatrice did it. You can too. For free help, call **1-800-QUIT-NOW**.

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