

REASONS FOR QUITTING

- Reduced risk of lung cancer, heart disease, emphysema, stroke, and many other diseases
- Increased sense of taste and smell
- More money to spend on other purchases
- Regained energy

REASONS FOR QUITTING

- Ability to breathe more easily
- Improved self-esteem
- No more thick phlegm
- Reduced signs of aging
- Cleaner and fresher breath

Quitting isn't easy, and sometimes it takes more than one try, but that's OK. **If you want to quit smoking, you're not alone and there is help.**



So, how about that big date? Call or visit us online for all the details!

534-QUIT

www.smokefreepdn.org

Are you ready for your big date? Everywhere you go, people are making a change. A change for the better. They're deciding to **quit smoking**. They won't do it cold turkey, or without help. But they will make a commitment to become **SMOKE FREE** by setting a **"quit date."** **Here's how!**

DEBATE.

Whether you smoke a few a week or a pack a day, it's never too early or too late to **quit smoking** – so start thinking about it!

CREATE.

Set a date. The date you pick can be an anniversary, birthday, holiday or even tomorrow! **The important thing is that you stick to it as much as possible!**

STATE.

Now that you're ready, start telling everyone the good news! Letting people know that you're quitting works great as both motivation and a way to **start forming your own group of supportive people.**

Set
your
Date
to quit smoking



CELEBRATE!

When you've reached a satisfactory milestone - **congratulations!** Whether you're on the 24th day or 24th hour, **any accomplished amount of time without smoking is worth celebrating!**



a smoke-free