

## 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

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- 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!**



SET YOUR  
**DATE**  
SMOKE FREE

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.**

## 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!**