

Good Reasons FOR QUITTING

You live longer and better.

Quitting will lower your chances of having
a heart attack, stroke or cancer.

If you are pregnant, quitting smoking will improve
your chances of having a healthy baby.

The people you live with,
especially your children, will be healthier.

You will have extra money to spend on
things other than tobacco products.

Quitting takes hard work and a lot of effort, but
You can Quit Tobacco.

1-800-QUIT NOW



Source: You Can Quit Smoking. Consumer Guide, June 2000. U.S. Public Health Service.
<http://www.surgeongeneral.gov/tobacco/consquits.htm>