

WRINKLED SKIN
BAD BREATH
STINKY CLOTHES
YELLOW TEETH
BRITTLE NAILS
DRY HAIR

**SMOKING
ISN'T PRETTY!**



CALL US TO QUIT
1-800-QUIT-NOW
EVERY DAY 8 A.M. TO 11 P.M.

YOU'LL TALK TO COACHES WHO WILL HELP YOU QUIT. IT'S FREE. AND IT'S TOTALLY CONFIDENTIAL.



IT COSTS
365

IF YOU SMOKE
5 CIGARETTES EVERY DAY
FOR 1 YEAR

NEED EXTRA MONEY?



IT COSTS
1,460

IF YOU SMOKE
1 PACK OF CIGARETTES
FOR 1 YEAR

**CALL US TO QUIT
1-800-QUIT-NOW**

EVERY DAY 8 A.M. TO 11 P.M.



STOP WASTING MONEY. CIGARETTES DON'T CONTROL YOU. YOU CAN QUIT!

WANT TO
QUIT
SMOKING?

CALL US TO QUIT

1-800-QUIT-NOW

EVERY DAY 8 A.M. TO 11 P.M.

YOU'LL GET:

- ✓ Coaching & tips how to quit
- ✓ Free materials about quitting
- ✓ A personalized quit plan
- ✓ Someone to help you every step of the way

IT'S TOTALLY FREE, CONFIDENTIAL
AND NO ONE WILL JUDGE YOU.

CIGARETTES DON'T CONTROL YOU. YOU CAN QUIT.