

A TIP FROM
**FORMER
SMOKERS**

®

*Sharon, age 58
Illinois*

*Christine, age 55
Pennsylvania*

**If cigarettes are
your friend, you need
a better friend.**

Sharon and Christine thought cigarettes would always be there for them. They both smoked and they both got cancer. Cigarettes hurt them. What kind of friend would do that?

**You can quit smoking. For free help, call
1-800-QUIT-NOW.**



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention
[CDC.gov/tips](https://www.cdc.gov/tips)

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