

A TIP FROM A
**FORMER
SMOKER**



**My love for my family
helped me quit smoking.**

Felicita R., age 63, Florida

*Felicita had to have all her teeth pulled due to gum disease from smoking.
Her love for her family gave her the strength to quit.*

YOU CAN QUIT.
For free help, call 1-800-QUIT-NOW



Scan for free resources
to help you quit smoking

For Print Only

