

A TIP FROM A  
**FORMER  
SMOKER**

™



**I quit so I'd be more than  
a memory to my daughter.**

*Rico, age 48, California  
Gabby, daughter, age 20*

*After surviving cancer, Rico quit smoking. Quitting not only increased his chances of survival, it was the start of a new and happier life for him and his family. In 2013, he witnessed his daughter graduate high school and go off to college.*

**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](http://CDC.gov/tips)**

#CDCTips

