

Everyone has a good reason to quit smoking.



WHAT'S YOURS?

"I want to be healthy & feel healthy." "I want to be a good role model."

"I don't want to look like a wrinkled prune." "I want to save \$\$\$ money \$\$\$."

"I don't want to be one of the statistics." "I don't want my children to smoke."

The time has never been better to quit smoking cigarettes*

PROVEN EFFECTIVE

Here are ways to double a smoker's chance of quitting:

Nicotine replacement products

Telephone quit line

Support programs and materials

Help from your doctor

Prescription medication

"I don't want my children to smoke." "I want feel like an athlete again, and have the ability to run around bases without hyperventilating." "People won't stare at me and think what an idiot" "I want to be around long enough to see my children have their own children."

WHAT'S YOURS?

***More young adults in Minnesota have quit smoking than currently smoke!**

(According to the BRFSS, 23.1% of Minnesotans ages 18-35 smoke, but 43.7% in this age group who have ever smoked have successfully quit.)