Thinking about Quitting Smoking?

If so:

Here's How to Get Started!

Begin by listing your reasons:

1. Why Smoke?	2. Why Quit?
<u> </u>	<u> </u>

Think of healthy things to do instead.

Think about how important these reasons are to you.

Be sure to talk with your health care providers about your smoking.

Your health care providers want to help you.

