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- I **AM** QUITTING BECAUSE I WANT TO:
- Live a healthier lifestyle
 - Lower my risk of heart attack, cancer and other illnesses
 - Avoid early wrinkles
 - Save money
 - Be an example for my friends and family

LOG ON TO QuitWithUsLa.Org

I **CAN** QUIT!

I **AM** WORTH IT!

MY START DATE IS: _____



I **WILL** BE SUCCESSFUL IF I:

- Plan for success
- Talk with a trained counselor
@ **1-800-QUIT-NOW** (1-800-784-8669)
- Log on to **www.quitwithusla.org**
- Ask my doctor for Nicotine Replacement Therapy (NRT) – patches or medication

This card does not replace the advice of a qualified healthcare provider.

I **CAN** DEAL WITH MY CRAVINGS IF I:

- Chew gum, eat hard candy or healthy snacks
- Drink plenty of fluids
- Talk with a friend who supports me
- Take a walk or a shower
- Work on a hobby
- Brush Teeth

