

A TIP FROM A
**FORMER
SMOKER**[®]

**I tried to quit smoking
many times.
Thankfully, you only have
to quit for good once.**

John B., age 61, South Carolina

John tried to quit smoking many times but would often start again, until he met with a doctor who helped him create a plan. She prescribed two quit-smoking medicines and recommended counseling. John smoked his last cigarette at age 38.

**You can quit.
For free help, call 1-800-QUIT-NOW**



Scan for free resources
to help you quit smoking

