

YOU CAN QUIT AT ANY AGE



Quit for Yourself

Quitting tobacco is good for you at any age!
You will feel better and have more energy!



Quit for Savings

You could save \$2,346 a year if you quit tobacco, enough to improve your life right now!



Quit for Loved Ones

Set an example you can be proud of.
Your children, grandchildren and friends will be healthier too!



Quit for Health

You will breathe easier and be much less at risk of a heart attack or stroke.



Quit for Your Pets

Smoking is very bad for your pet's health.

Ohio

Department
of Health

You can quit smoking!
Call 1-800-784-8669
Call 1-800-QUIT-NOW

Ohio Tobacco
Program

Quit Line: 1-800-QUIT-NOW