

BE HEALTHY. SAVE MONEY. LIVE SMOKE FREE.



You can quit smoking!

If you stop smoking, you will be able to do more of the things you like.

If you stop smoking, you will feel healthier.

Friends, family, coworkers, or staff can help you quit.

Smoking:

- is harmful to your body
- makes you feel bad
- makes you cough
- costs a lot of money

Good things happen when you quit smoking!



Spend the money you save from quitting smoking on other things!



AFTER NOT SMOKING 1 PACK, YOU'LL HAVE ENOUGH MONEY FOR:

A large fruit smoothie!



AFTER NOT SMOKING 5 PACKS, YOU'LL HAVE ENOUGH MONEY FOR:

Movie tickets for you and a friend!



AFTER NOT SMOKING 365 PACKS, YOU'LL HAVE ENOUGH MONEY FOR:

A weeklong vacation!



TALKING WITH
YOUR DOCTOR
WILL HELP
YOU QUIT!



Call the Ohio Tobacco
Quit Line

1-800-784-8669

for free help to quit
smoking

YOU CAN
QUIT
SMOKING!



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