

# YOU CAN

Thinking about quitting tobacco? We're here to help. Whether it's your first or your 37th attempt, the American Cancer Society Quitline can be a valuable resource for you. It isn't easy to quit smoking or toss the dip, but you CAN be successful if you keep trying. Call **1-877-YES QUIT** or visit us on the Web at **YesQuit.com**.



**1-877-YES QUIT**

Quitline

# ENJOY THE MORNING PAPER WITHOUT THE MORNING COUGH.

In just one week after you quit smoking, your lung capacity will increase, allowing you to breathe deeper and easier. If you're thinking about quitting tobacco, we're here to help. Whether it's your first or your 37th attempt, the American Cancer Society Quitline can be a valuable resource for you. It isn't easy to quit smoking or toss the dip, but you CAN be successful if you keep trying. Call **1-877-YES QUIT** or visit us on the Web at **YesQuit.com**.



**1-877-YES QUIT**

Quitline

ON THIS DATE:

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I WILL QUIT SMOKING.

Did you know that if you set a date to quit smoking, then you are more likely to quit for good? It isn't easy to quit smoking or toss the dip, but you CAN be successful if you keep trying. Whether it's your first or your 37th attempt, the American Cancer Society Quitline can be a valuable resource for you. Call **1-877-YES QUIT** or visit us on the Web at **YesQuit.com** for more tips like this.



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