



*Change starts here.*

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**OTPC-10005 Yes You Can  
"Rhythm-Smoker" :60 Radio  
1/6/10**

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Wake up. Smoke a cigarette. Drive to work. Smoke a cigarette. Drink coffee. Smoke a cigarette. Do some work. Award yourself with a cigarette. Leave work. Smoke a cigarette. Eat dinner. Smoke a cigarette. Brush your teeth. Smoke a cigarette. Brush your teeth again. Go to sleep. Dream of a cigarette. And this is your day. Until the morning you wake up and decide you're serious this time. You're going to quit. So you call 877-YES QUIT.

TONE BECOMES MORE RELAXED, CALMER.

You drive to work. You don't smoke a cigarette. You drink your morning coffee. You read the paper. You don't smoke a cigarette. You drive home from work. You don't smoke a cigarette. Eat dinner. Read a book. Fall asleep. Wake up, take a deep breath and start a brand new day. Without cigarettes.

**ANNCR:** We know how it feels to quit smoking. Call the American Cancer Society's Quit for Life number at 877 YES QUIT or visit YesQuit dot org for the free tips, tools and confidential counseling proven to help double your chances of quitting smoking for good. Brought to you by the Texas Department of State Health Services.