



PICTURE YOUR LIFE WITHOUT — TOBACCO —

You probably already know that smokers have a higher risk for asthma, COPD, tuberculosis, pneumonia, bronchial cancer and lung cancer. But did you know that when you stop smoking your body begins a healing process about **20 minutes after you quit**? Over time, your risk for serious health problems declines significantly.

We know that early in the process it can be hard to remember why you wanted to quit in the first place. When you join the Quit For Life® Program, a trained Quit Coach® staff member will help you set a quit date, identify the emotional triggers and barriers that make it hard to break free, and give you strategies and encouragement to help you quit for good.



Quit For Life® Program

Don't wait. Enroll today.

1-866-QUIT 4 LIFE | 1-866-784-8454 | www.quitnow.net

The Quit For Life® Program is brought to you by the American Cancer Society and Alere Health, LLC. The two organizations have 40 years of combined experience in tobacco cessation coaching and have helped more than two million tobacco users. Together we will help millions more make a plan to quit, realizing the Society's mission to save lives and create a world with more birthdays.

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