


A TIP FROM A
**FORMER
SMOKER**



**I should have quit
smoking completely.
Cutting back
wasn't enough.**

Kristy, age 35, Tennessee

**You can quit smoking.
CALL 1-800-QUIT-NOW.
#CDCTips**



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention
CDC.gov/tips