

A TIP FROM A
**FORMER
SMOKER**

**I quit so I'd be more than
a memory to my daughter.**

Rico, age 48, California
Gabby, daughter, age 20

After surviving cancer, Rico quit smoking. Quitting not only increased his chances of survival, it was the start of a new and happier life for him and his family. In 2013, he witnessed his daughter graduate high school and go off to college.

You can quit smoking.

**For free help, call
1-800-QUIT-NOW.**



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention
[CDC.gov/tips](https://www.cdc.gov/tips)

#CDCTips