

A TIP FROM A
**FORMER
SMOKER**

TM

**When I was trying
to quit smoking,
I threw away all my
lighters and ashtrays.**

Wilma, quit at age 45

***If you want free help to 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](https://www.cdc.gov/tips)