





Give yourself more time to stop
and smell the roses.






STOP SMOKING

Quitting is the best thing you can
do for your health. Benefits include:

↓ Decreased:

-  Risk of death
-  Heart attack
-  Risk of stroke
-  Cancer

↑ Improved:

-  Smell & taste
-  Circulation
-  Reproductive health
-  Lung function
-  Energy level

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