

**When you  
get help,  
you're  
twice  
as likely  
to quit  
smoking  
for good.**

**Mississippi  
tobaccoQUITLINE  
1.800.QUITNOW**

**1.800.784.8669**

## Benefits of Quitting

- Reduces your risk of heart attack, cancer, and stroke
- Have more control over your life
- Better sense of smell
- More stamina when exercising
- Less coughing, colds, or flu
- You're making an accomplishment that has rewards.

*By quitting, you can save your life and the lives of those around you.*

**Mississippi**  
**tobaccoQUITLINE**  
**1.800.QUITNOW**   
**1.800.784.8669**