

**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.

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