



HELP F

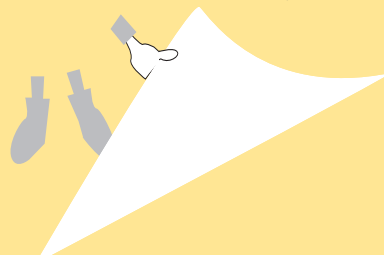
E

A

HE

A

E













# F

u i n a u i n a n a i  
u a i i i a



i i a u  
a i a i  
i n u i a u a  
i i i a a  
a u i



SAVINGS PER MONTH		
If you smoke (packs per day)	You pay (per day)	Quitting saves (per month)
		\$150
		\$300
		\$ 50

# There Has Never Been A Better Time To Quit



# Get Ready



ui

in

in un u

i i n

in u n in u

u ui n

n n u i





# Get Help

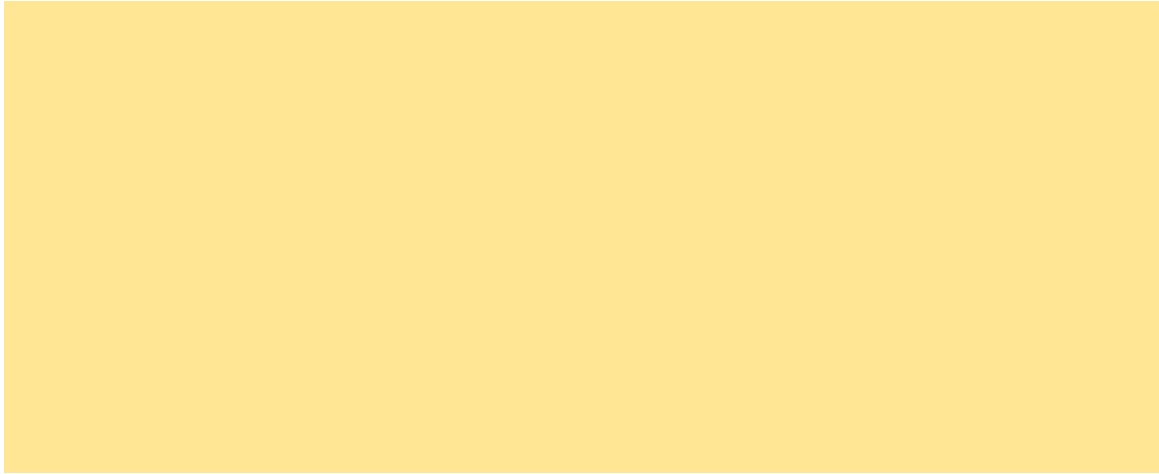
... u i, in n ... u i ... u ...  
... in ui ... i u ...

... u ... nu ...  
... n ... u ui ...



... Q ...  
... ui, in in u ...  
... i, ... u ui, n i ... u.

# Stay Quit



# You Can Quit

Qui in i u i ui





**U.S. Department of Health  
and Human Services**  
Public Health Service

revised May 2000