

A TIP FROM A FORMER SMOKER



**ALLOW EXTRA TIME TO PUT ON YOUR LEGS.**

MEET BRANDON 

A TIP FROM A FORMER SMOKER



**DO YOUR HEART A FAVOR. QUIT SMOKING.**

MEET ROOSEVELT 

A TIP FROM A FORMER SMOKER



**BE CAREFUL NOT TO CUT YOUR STOMA.**

MEET SHAWN 

A TIP ABOUT SECONDHAND SMOKE



**DON'T BE SHY ABOUT TELLING PEOPLE NOT TO SMOKE AROUND YOUR KIDS.**

HEAR THEIR STORY 

A TIP FROM A FORMER SMOKER



**GET SUPPORT FROM FRIENDS ONLINE TO HELP YOU QUIT.**

MEET BEATRICE 

A TIP FROM A FORMER SMOKER



**AFTER A STROKE FROM SMOKING, GET USED TO LOSING YOUR INDEPENDENCE.**

MEET SUZY 

A TIP FROM A FORMER SMOKER



**AFTER YOU HAVE A LUNG REMOVED, TAKE SHORT BREATHS.**

MEET ANNETTE 