

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 