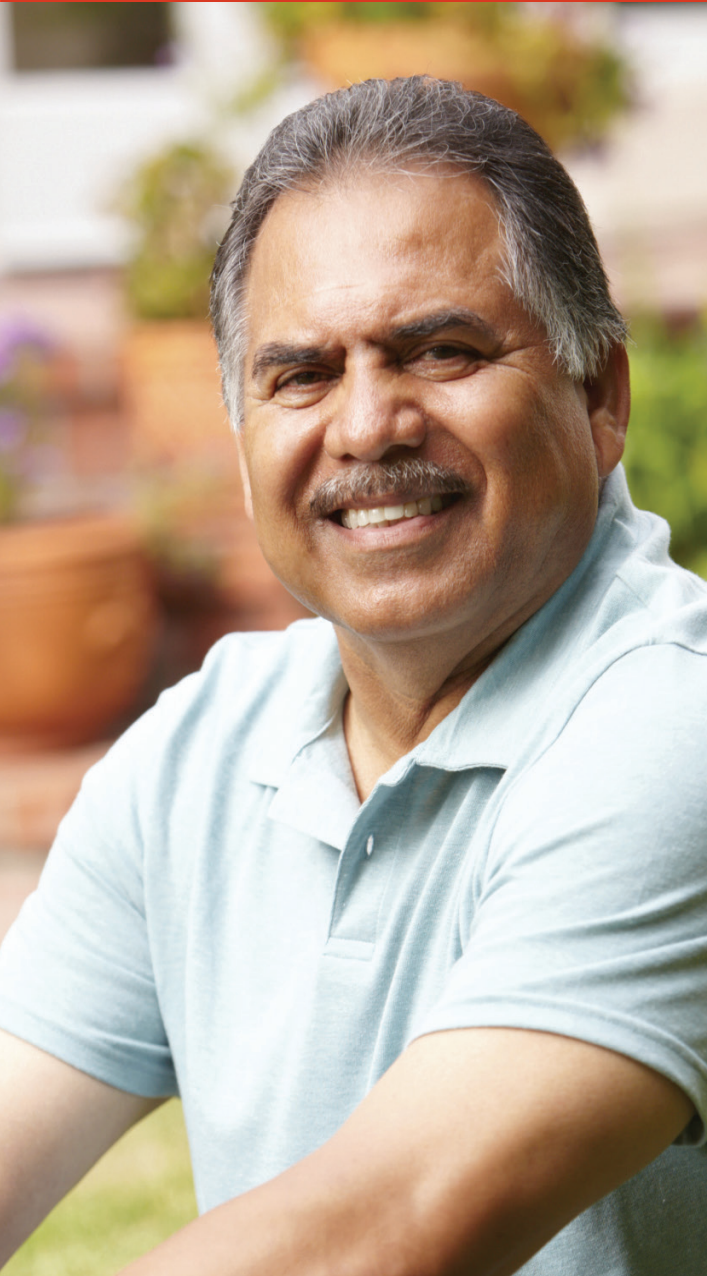




7 GREAT REASONS LIFE IS BETTER WITHOUT TOBACCO



1

YOU'LL FEEL BETTER EVERY SINGLE DAY.

Within just 4 weeks of quitting, you'll have less shortness of breath, you'll cough less, you'll walk more easily and your energy level will increase.

2

YOU'LL HAVE MORE MONEY.

Stop buying a \$6 pack of daily cigarettes, and you'll save an incredible \$2,190 a year.

3

YOU'LL MAKE YOUR HOME HEALTHIER.

By eliminating smoke in your home, you'll make it safer for yourself, your family, your friends and even your pets.

4

EVERYTHING ABOUT YOU SMELLS CLEANER.

When you stop smoking, your clothes smell better. Your car smells better. And most important, *you* smell better.

5

YOU'LL BE MORE SOCIAL.

As you get more daily stamina and begin living healthier, you'll find yourself reconnecting with friends and engaging more with colleagues at work.

6

YOU'LL BE A HERO TO YOUR KIDS.

Nobody wants you to quit more than your kids, and you'll set an example for overcoming life's challenges.

7

YOU'LL BE IN CONTROL.

As you master the habits of living tobacco free, you'll realize that you have the power to create the healthier life you want and deserve.

HELP FOR THOSE WHO HOPE TO QUIT

For more information about the **FREE 4-week Live Tobacco Free program**, contact us today.



Tarrant County Public Health
Safeguarding Our Community's Health



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