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- - Be an example for my friends and family
  - Save money
  - Avoid early wrinkles
  - other illnesses
  - Lower my risk of heart attack, cancer and
  - Live a healthier lifestyle
- I AM** QUITTING BECAUSE I WANT TO:

LOG ON TO [QuitWithUsLa.Org](http://QuitWithUsLa.Org)

**I CAN QUIT!**

**I AM WORTH IT!**

MY START DATE IS: \_\_\_\_\_



## I **WILL** BE SUCCESSFUL IF I:

- Plan for success
- Talk with a trained counselor  
@ **1-800-QUIT-NOW** (1-800-784-8669)
- Log on to **www.quitwithusla.org**
- Ask my doctor for Nicotine Replacement Therapy (NRT) – patches or medication

This card does not replace the advice of a qualified healthcare provider.

## I **CAN** DEAL WITH MY CRAVINGS IF I:

- Chew gum, eat hard candy or healthy snacks
- Drink plenty of fluids
- Talk with a friend who supports me
- Take a walk or a shower
- Work on a hobby
- Brush Teeth

