

Smoking gives people...



Smelly hair, clothes, and breath &



wastes their money!

THE CHOICE IS YOURS!



Healthy Rewards from Quitting Smoking!

Immediately	the air around you is not longer dangerous to others
20 Minutes	blood pressure lowers
24Hours	chance of heart attack decreases
2-12 Weeks	circulation improves
1Year	excess risk of heart disease drops to half that of a smoker
5-15 Years	stroke risk is reduced to that of a nonsmoker
10 years	risk of cancer of the lung, mouth, throat, esophagus, bladder, kidneys, and pancreas decrease.

Health Services wants to help you quit
Call Kathy @ 531-1252

Websites:

www.nicotette.com

American Cancer Society - www.cancer.org

American Lung Association - www.lungusa.org