

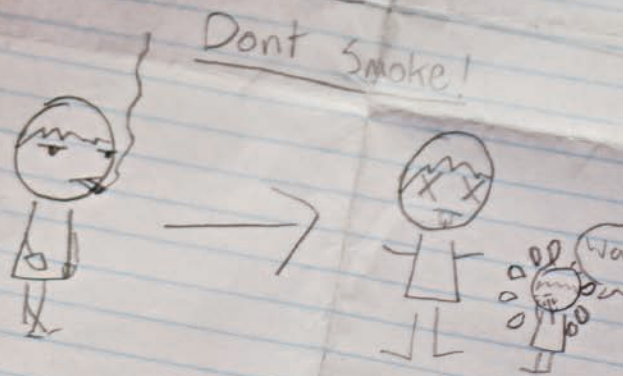
A TIP FROM A  
**FORMER  
SMOKER**

TM

# LET YOUR KIDS INSPIRE YOU TO QUIT.

Beatrice, Quit at age 37  
New York

Nick age: 11  
Dear Mom, Smoking:  
Thank you mom for  
I know you can do  
hard thing to do but  
you, so you are saving  
I'm lucky to have parents  
and Daddy cause mr. y  
parents would probably say  
just a kid" but you are the  
in the world! :)



There are a lot of reasons to quit smoking.  
Don't stop trying until you find yours. Beatrice did it.  
You can too. For free help, call **1-800-QUIT-NOW**



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention  
[CDC.gov/tips](https://www.cdc.gov/tips)