

Give yourself more time to stop
and smell the roses.

STOP SMOKING

Quitting is the best thing you can
do for your health. Benefits include...

↓ Decreased:

- ☠ Risk of death
- ♥+ Heart attack
- 🧠 Risk of stroke
- 🎗 Cancer

↑ Improved:

- 👃 Smell & taste
- 🔄 Circulation
- 👶 Reproductive health
- 🫁 Lung function
- 🔋 Energy level

Designed by
Sandi Osterland,
Nurse and Data Analyst

1.800.QUIT.NOW

michigan.quitlogix.org 1.800.784.8669

LEARN MORE

