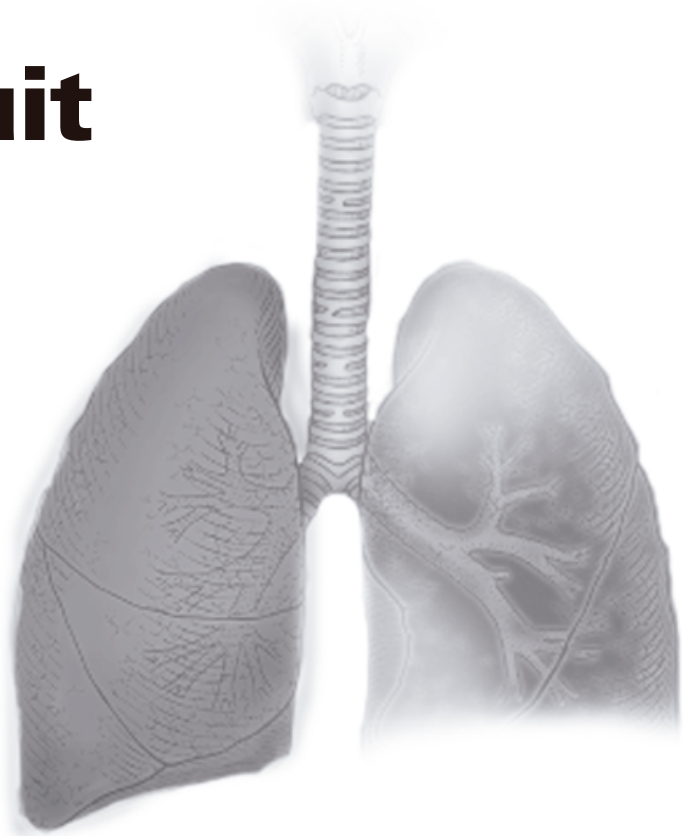




Information for You from Your Health Care Team

I want to quit smoking because...

- I will set a good example for my children
- My family is going to be healthier
- I want to be in control of my life
- I want to lower my chances of lung cancer, heart disease, and other serious illnesses
- I won't smell of cigarettes
- My teeth will no longer be yellow
- I will cough less
- I will have more energy
- I will be able to save the money I was spending on cigarettes



We have the key to set you free!

For more information, call

315-464-3835

and find out about the

Outsmart Smoking Program.