

A TIP FROM A
**FORMER
SMOKER**

TM

RECORD YOUR VOICE FOR LOVED ONES WHILE YOU STILL CAN.

Terrie, Age 52
North Carolina



Smoking causes immediate damage to your body.
For Terrie, it gave her throat cancer. You can quit.
For free help, call **1-800-QUIT-NOW**.

#CDCTips



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