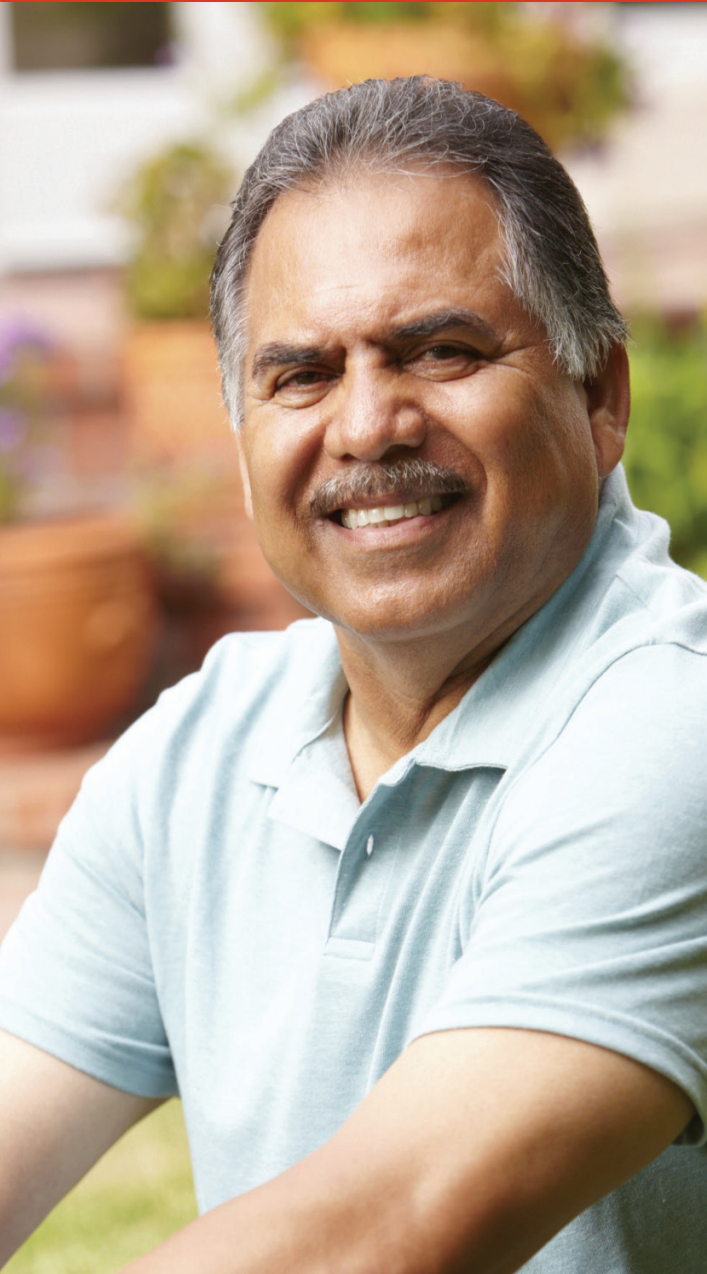




## 7 GREAT REASONS LIFE IS BETTER WITHOUT TOBACCO



1

### YOU'LL FEEL BETTER EVERY SINGLE DAY.

Within just 4 weeks of quitting, you'll have less shortness of breath, you'll cough less, you'll walk more easily and your energy level will increase.

2

### YOU'LL HAVE MORE MONEY.

Stop buying a \$6 pack of daily cigarettes, and you'll save an incredible \$2,190 a year.

3

### YOU'LL MAKE YOUR HOME HEALTHIER.

By eliminating smoke in your home, you'll make it safer for yourself, your family, your friends and even your pets.

4

### EVERYTHING ABOUT YOU SMELLS CLEANER.

When you stop smoking, your clothes smell better. Your car smells better. And most important, *you* smell better.

5

### YOU'LL BE MORE SOCIAL.

As you get more daily stamina and begin living healthier, you'll find yourself reconnecting with friends and engaging more with colleagues at work.

6

### YOU'LL BE A HERO TO YOUR KIDS.

Nobody wants you to quit more than your kids, and you'll set an example for overcoming life's challenges.

7

### YOU'LL BE IN CONTROL.

As you master the habits of living tobacco free, you'll realize that you have the power to create the healthier life you want and deserve.

### HELP FOR THOSE WHO HOPE TO QUIT

For more information about the **FREE 4-week Live Tobacco Free program**, contact us today.



**Tarrant County Public Health**  
Safeguarding Our Community's Health



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