

Do You Know the Smile of an Ex-Smoker?

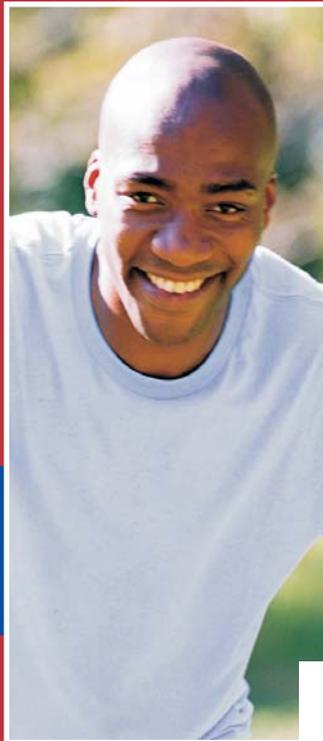
Quitting smoking is not easy, but
if you're ready the NYS Smokers'
Quitline can help

FREE NRT*
patches for eligible
callers

Call the NYS Smokers'
QUITLINE toll free

1-866-NY-QUITS
(1-866-697-8487)

*2-week starter supply of Nicotine Replacement Therapy patches



Where ever you go you see people who quit smoking for good.
Over **17,000** ex-smokers in Tompkins County alone according to a recent survey.*

Quitting smoking is not easy, but if you're ready the
NYS SMOKERS' QUITLINE is ready to help!

Quitlines are recommended by the U.S. Public Health Clinical Practice Guideline and the Community Preventive Services as an effective way to help smokers quit.

Call today to see if you're eligible for
free nicotine patches†

1-866-NY-QUITS

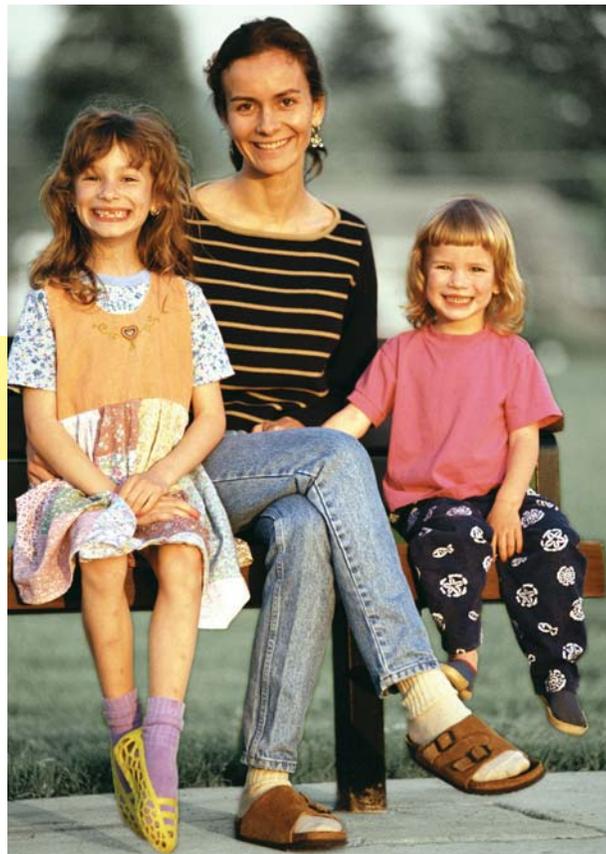
(CALL TOLL FREE 1-866-697-8487)

Or visit www.nysmokefree.com

Call today. See the smile of an ex-smoker.

Tobacco Free Tompkins
www.tompkins-co.org/wellness

T-Free



†2-week starter supply. Nicotine medications do not cause cancer and are not addictive. They are designed to ease you off of smoking.

*17,000 ex-smokers according to 2004 Tompkins County Tobacco Use Survey