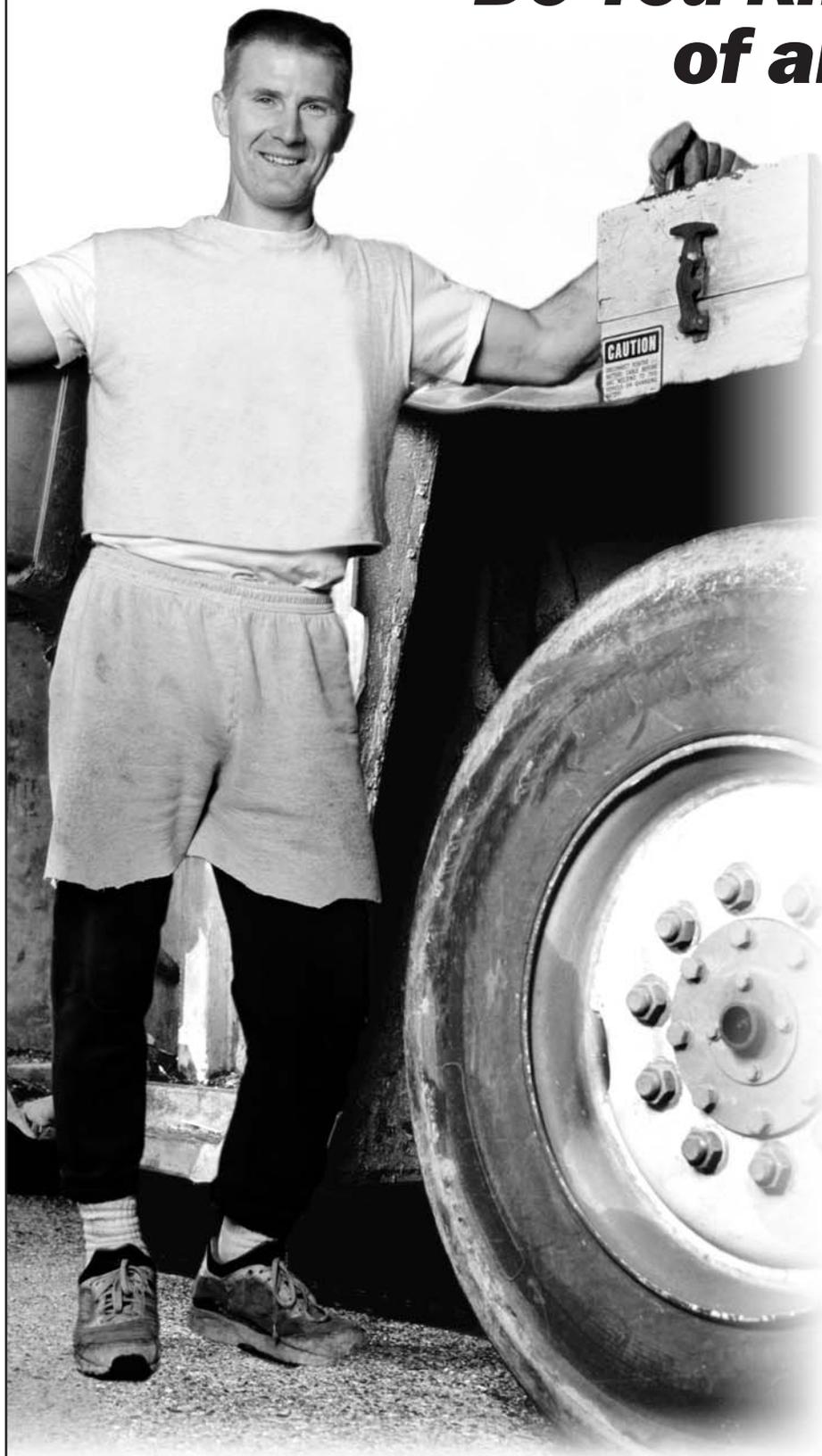


# Do You Know the Smile of an Ex-Smoker?



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

Just about everywhere you go you see people who quit using tobacco for good. In fact, there are over **17,000** ex-smokers in Tompkins County alone according to a recent survey.\*

Studies show that telephone quitlines are effective for smokers who want to quit. And quitlines are recommended by U.S. public health services as a way to help smokers quit.

**Call the NYS Smokers' Quitline toll free**

## **1-866-NY-QUITS**

(1-866-697-8487)

Or visit [www.nysmokefree.com](http://www.nysmokefree.com)

**Call today and soon you can see  
the smile of an ex-smoker.**

## **FREE NRT**

from the NYS Smokers' QUITLINE

**Call today to find out if you  
are eligible for  
free nicotine patches\***

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

**Tobacco Free Tompkins**  
[www.tompkins-co.org/wellness](http://www.tompkins-co.org/wellness)

# **T-Free**

\*Survey results from June 2004 Tompkins County Tobacco Use Survey conducted for Tobacco Free Tompkins.