



## World No Tobacco Day 31 May

### Top 10 Reasons to Quit Smoking

1. I will reduce my chances of having a heart attack or stroke.
2. I will reduce my chances of getting lung cancer, emphysema, and other lung diseases.
3. I will have better smelling clothes, hair, breath, home, and car.
4. I will climb stairs and walk without getting out of breath.
5. I will have fewer wrinkles.
6. I will be free of my morning cough.
7. I will reduce the number of coughs, colds, and earaches my child will have.
8. I will have more energy to pursue physical activities I enjoy.
9. I will treat myself to new books or music with the money I save from not buying cigarettes.
- 10. I will have more control over my life.**



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