NEW YEAR'S RESOLUTION: QUIT FOR GOOD.

HELP WORKS

Every year, Tobacco Smoking causes 480,000 deaths in the US

A CDC study found that people who used both **telephone and web-based** help to stop smoking were more likely to quit than people who used only phone or only web.

You can quit. For free help, CALL **1-800-QUIT-NOW** or visit **CDC.gov/tips**

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention