

NOW
is the
time
to
QUIT!



No matter how old you are or how long you've smoked, quitting can help you live longer and be healthier.

Reduce Your Risks

Quitting smoking lowers your risk for lung cancer, other cancers, heart attack, stroke, and chronic lung disease.

Have a Safe Pregnancy

Women who stop smoking before pregnancy or during the first 3 to 4 months of pregnancy reduce their risk of having a low birth-weight baby to that of women who never smoked.

End the Excuses

The health benefits of quitting smoking are far greater than any risks from the small weight gain (usually less than 10 pounds) or any emotional or psychological problems that may follow quitting.

Enjoy Good Health

Ex-smokers enjoy a higher quality of life with fewer illnesses from cold and flu viruses, better self-reported health, and reduced rates of bronchitis and pneumonia.

Nicotine is a drug found naturally in tobacco. It is MORE ADDICTIVE than heroin or cocaine.



Cornell Scott
Hill Health
Center

www.HillHealthCenter.com •   

**You CAN quit smoking. Help is available.
Join us on Tuesdays at 1:00 pm starting January 17, 2012**

**Cornell Scott-Hill Health Center Health Promotion
428 Columbus Avenue, New Haven, CT**

For more information call: (203) 503-3082