

QUIT SMOKING. BEGIN HEALING.

YOU BECOME HEALTHIER THE DAY YOU QUIT SMOKING



20 MINUTES

Blood pressure and Pulse rate returns to normal

8 HOURS

Carbon monoxide level in your blood returns to normal

48 HOURS

Your ability to smell and taste begins to return

2-12 WEEKS

Circulation & breathing improves

9 MONTHS

Coughing, congestion & shortness of breath decrease

1 YEAR

A pack-a-day smoker will save over \$2,000

5 YEARS

Risk of cancer of the mouth, throat, esophagus and stroke risk has been drastically reduced

10 YEARS

Life expectancy is now comparable to a non smoker

15 YEARS

Risk of coronary heart disease is now comparable to that of a non smoker

QUIT TODAY!
NON-SMOKERS LIVE 10 YEARS LONGER!