

A TIP FROM A
**FORMER
SMOKER**[®]



**I used to run marathons.
But I couldn't outrun the
damage caused by smoking.**

*Tammy W., age 50
Tribal Member, Little Traverse Bay Bands of Odawa Indians*

Tammy ate right. She ran every day. She thought she could reduce the harmful effects of her smoking. But at age 44, she was rushed into emergency open-heart surgery to repair a severe blockage in her heart caused by smoking. She found out the hard way that menthol cigarettes are just as damaging as other cigarettes.

**You can quit.
For free help, call 1-800-QUIT-NOW**



Scan for free resources
to help you quit smoking

