


# Get a fix for your nicotine habit



438,000 Americans die of smoking related illnesses each year

**Quit before you become one of them**

Talk with your doctor about aids for quitting  
Plan ahead for cravings  
Create new daily routines  
Keep your mouth and hands busy  
Watch your "tobacco money" pile up  
Reward yourself for not smoking

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■ Simplicity ■ Flexibility ■ Affordability ■ Service


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