

APRIL IS SMOKING CESSATION MONTH



QUIT TODAY

for a Healthier Tomorrow!

Good Reasons FOR QUITTING

You will live longer and live better.

Quitting will lower your chances of having a heart attack, stroke or cancer.

If you are pregnant, quitting smoking will improve your chances of having a healthy baby.

The people you live with, especially your children, will be healthier.

You will have extra money to spend on things other than tobacco products.

Quitting takes hard work and a lot of effort, but
YOU CAN QUIT TOBACCO.

7 Free and Easy Ways to Quit

- www.mycigna.com/managemyhealth/tobaccocessation
- www.quitnow.net/florida
- www.AHECtobacco.com
- <http://www.tobaccofreeflorida.com>
- 1-877-U-CAN-NOW (1-877-822-6669)
- <http://www.webmd.com/smoking-cessation/nicotine-helpline>
- www.smokefree.gov



CITY OF MIAMI
**RISK
MANAGEMENT**
DEPARTMENT