

Be a STAR



Quit smoking today.



**Your child's doctor
or nurse can help
you quit for you
and your family.**

★ *Be a STAR* ★

Set a quit date.

I'm quitting on .

Tell loved ones.

*I'm quitting smoking for good
and could use your support.*

Anticipate tough spots.

*There will be tough times, but
I'm going to quit for good.*

Remove cigarettes.

*I'm going to throw away all my
cigarettes and empty all the
ashtrays.*

For more information about
quitting smoking, call:

1-800-879-8678

1-800-833-5256 (Esp)

1-800-833-1477 (TTY)

www.trytostop.com

www.ceasetobacco.org

