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**We're not sure which is worse, the life you lose
or the one you're stuck with.**
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Cigarettes don't always kill you. Sometimes, they just damage your lungs and keep you from doing everyday things, like climbing stairs, talking on the phone or blowing out the candles on your birthday cake.

If you're ready to quit, we're here to talk you through it. Call 1-800-QUIT-NOW (1-800-784-8669) or visit QuitlineNC.com for free one-on-one support from a quit coach.

