

IT'S NOT LOVE IT'S AN ADDICTION

WE ARE HERE TO HELP!



In 20 minutes, heart rate and blood pressure return to normal.



In 72 hours, breathing is easier, bronchial tubes relax, energy levels increase.



In 1-2 years, heart attack risk decreases by 50%.



In 10 years, Lung cancer risk is about half that of a person who is still smoking.

FREE QUIT RESOURCES

