

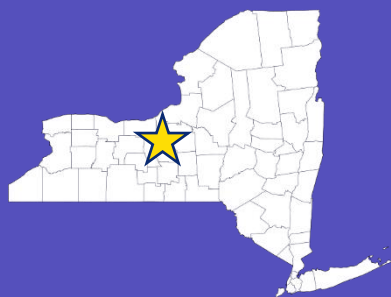


Call 1-866-NY-QUITS
Visit nysmokefree.com
Text QUITNOW to 333888
Texto DÉJELO YA NY al 333888

"Being tobacco-free is so freeing, and I don't ever want to feel controlled again."



Cara D.
Age 40
Auburn, NY



Central New York Success Story

Cara smoked cigarettes for more than 10 years. After realizing she was becoming too addicted and spending too much money, Cara sought assistance through the New York State Quitline. Through free coaching and resources, she became tobacco-free in late 2023. Today, Cara says she breathes better, has clearer skin with fewer wrinkles, and feels rejuvenated.

"I would tell anyone thinking about quitting to take it day by day and to not be afraid to ask for help. If quitting doesn't work the first time, see what you can do differently to improve for the next time you try to quit."