

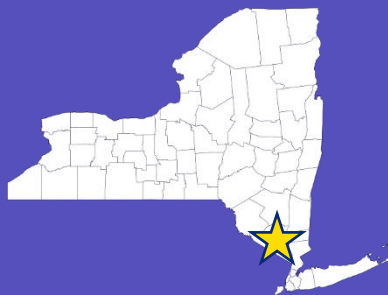


Call 1-866-NY-QUITS
Visit nysmokefree.com
Text QUITNOW to 333888
Texto DÉJELO YA NY al 333888

"The Quitline was a life saver! I told everyone how much the program worked."



Lynn D.
Age 66
Sloatsburg, NY



Hudson Valley Success Story

Lynn first tried cigarettes in junior high and quickly became addicted. She smoked about a half a pack daily for more than 30 years. When one of her daughters announced becoming pregnant, another family member encouraged Lynn to join her in making a quit-attempt. Thanks to free support from the New York State Quitline, they have maintained tobacco-free lifestyles for 19 years and counting.

"In the beginning, I felt like whenever there was an urge to want to smoke again, I knew there was always someone I could call at the Quitline for support."