

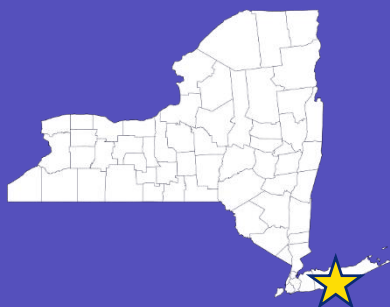


Call 1-866-NY-QUITS  
Visit [nysmokefree.com](http://nysmokefree.com)  
Text QUITNOW to 333888  
Texto DÉJELO YA NY al 333888

*"It's never too late to quit. Try again,  
because the last time's the charm!"*



**Deb P.**  
**Age 72**  
**Bellport, NY**



## Long Island Success Story

Deb first tried cigarettes at age 15 and became addicted to smoking daily for decades. After seeing a powerful television commercial for the New York State Quitline and remembering how much her grandson disliked the smell of cigarettes, she called for help and received free coaching and free medications. Deb became tobacco-free in July 2023 and feels rejuvenated.

*"I made my decision to quit, stuck with it,  
and had the Quitline and family to support  
me every step of the way. Now, my hugs  
with my grandson feel more genuine and  
we've strengthened our relationship."*