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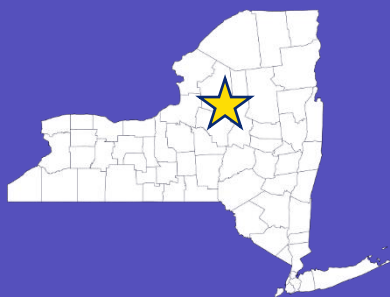
*"After 17+ years of freedom from cigarettes,  
I still tell people about the Quitline."*



**Karen A.**

**Age 64**

**Forestport, NY**



## Mohawk Valley Success Story

When Karen became a restaurant general manager in the 1990s, she encountered an environment where smoking was prevalent among coworkers.

After becoming addicted for 15 years, she decided to quit for children and contacted the New York State Quitline for assistance. Karen has remained tobacco-free since 2008.

*"Between the Quitline's free nicotine patches and helpful brochures, I was set up for success. It is pure freedom to be tobacco-free. My world no longer revolves around cigarettes."*