



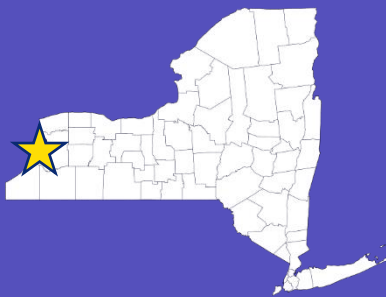
Call 1-866-NY-QUITS
Visit nysmokefree.com
Text QUITNOW to 333888
Texto DÉJELO YA NY al 333888

"Addiction robs you of reality and it's tough to overcome it alone."



Ashley D.

Age 37
Derby, NY



Western New York Success Story

Ashley smoked cigarettes for nearly 20 years. Fortunately, with help from the New York State Quitline, she became tobacco-free in July 2024. Ashley chose to quit as part of recovery from autoimmune diseases and followed tips at nysmokefree.com to stay focused.

"Doctors have told me I'm an anomaly and keep miraculously surviving, but I think quitting smoking was my hardest battle. I would tell anyone trying to quit to remember that life will soon change so much for the better – just stick to your plan."