

Stay away from Tobacco, make a plan to quit you will be taking the first steps towards a healthier life. Work towards reducing cancer risks. Quitting is not easy but it can be done. It might seem like the hardest thing to do, that you will ever do. Once free of tobacco, you will lead a safer life. Benefits that you will notice right away and over time: Breathing is better, stained teeth are whiter, bad smelling clothes and hair smell better, fingers and fingernails taste better, food tastes better, you will return to normal day activities, you will be out of the hospital. Twain said "Quitting smoking is the best thing you can do for yourself. I've done it a thousand times. Have you ever tried to quit alone? That will be moments and perseverance. There will be moments but you can do it and perseverance. It is as addictive as a drug found in your body, you will need it. Emotionally, nicotine causes withdrawal symptoms. For more information on how to quit go to www.QUIT.gov or www.AmericanCancer.org or www.SmokeOut.org.

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and physical pleasure will be replaced by information about cancer. org or SmokeOut.

Death Stick

T.R.U. Great



Picture submitted by Brianna from Raleigh Charter High School

