

Casey quit tobacco! And you can, too!

There's **FREE** help to quit smoking
or chewing tobacco!



**FREE or reduced-cost
cessation medications:**

Wyoming
QUIT
TOBACCO
PROGRAM
1-877-WYO-QUIT
(toll free 1-877-996-7848)

**FREE counseling
and support:**

Wyoming
QUITLINE
1-866-WYO-QUIT
(toll-free 1-866-996-7848)

WYOMING
QUITNET
QUIT ALL TOGETHER
wy.quitnet.com

What made me decide to quit was my daughter. I smoked anywhere from a pack to 2 1/2 packs a day, depending on the stress level of the job. I quit February 1st 2004, so I'm feeling pretty good. I've got a lot more lung capacity, I can work a lot longer, and I can concentrate on things without even batting an eye now. I still catch myself, once in a while, reaching in my pocket, but now I pull out gum. Quitting's been great. I just bought a nice \$200 pair of boots.
—Casey, Buffalo, Wyoming



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www.freeandtrue.com