

Casey quit tobacco! And you can, too!



“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 Feb 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

3 FREE services to help you quit!

Confidential counseling, support, education, and medications!

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