

Lisa quit tobacco! And you can, too!



“I was tired of being out of breath all the time. I couldn’t do as much as I used to. I saw an ad in the newspaper, and my husband said, “Why don’t you call them?” We decided to quit together with WQTP. I told my sister about it, and she and her husband decided to quit, too. Now, I can go anyplace, and if there’s a sign that says “no smoking,” I’m not stressed about it. I have more energy now, because I can breathe. And we have a LOT more money. I was able to buy a new vehicle, which I couldn’t do if I were still smoking. It takes a lot to quit smoking, but with all this support, how can you say no?”

–Lisa, Buffalo, Wyoming

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to help you quit!**

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support, education, and
medications!**

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