



Quit Smoking:

A 5-Step Approach

1

WHY

It helps to know the benefits of quitting and why you need to quit.

2

DECIDE

Make the decision, and take steps to quit smoking.

3

GET HELP

Getting help from your healthcare provider will increase your chances of being successful.

4

PLAN

Your first day may be difficult. Create a plan to stay on track.

5

MANAGE

Manage difficult situations and avoid relapses.



Quit It

Rachel Sandford



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