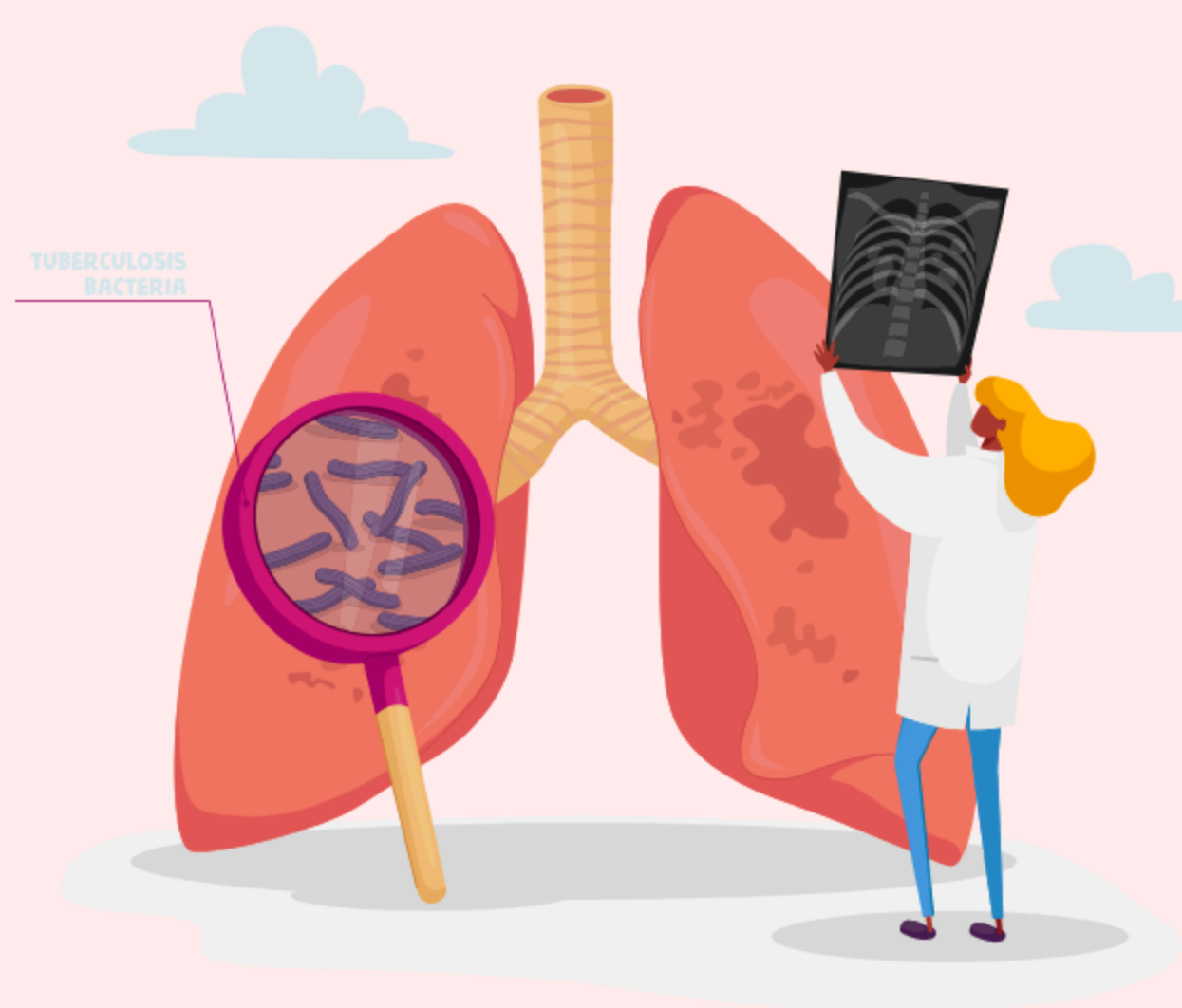


Benefits After Quitting Smoking:

The Healing Period



Better Respiratory System

Lung function and breathing can improve after quitting smoking. Your body begins recovering with time.

Your Heart Begins Healing

Quitting smoking can lower blood pressure and reduce stress on the heart.



More Energy + Better Health

Quitting gives your body the chance to heal and regain strength.



Healing starts the moment YOU choose to **STOP!**