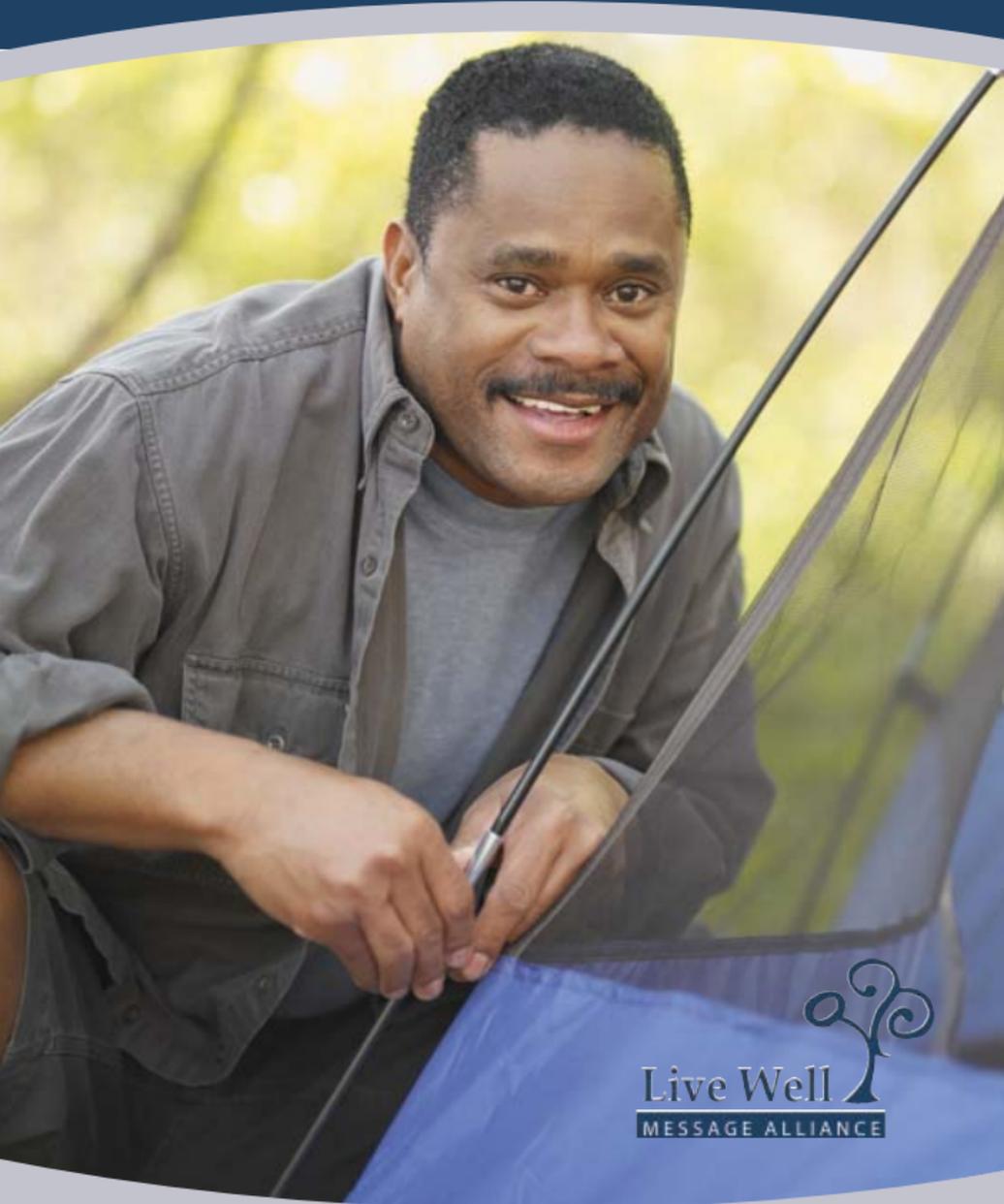


Live Like Your Life Depends On It.



Live Well
MESSAGE ALLIANCE

“Quitting smoking
gave me a whole
new lease on life.”

health.mo.gov



Be Tobacco Free:

Avoid secondhand smoke. If you do smoke, take steps to quit. Set a quit date; tell family, friends and co-workers; anticipate and plan for challenges; remove tobacco products; and talk to your doctor

about getting help with nicotine withdrawal.

For more information on how to be tobacco-free, call the Missouri Tobacco Quitline at 800-QUIT-NOW or visit health.mo.gov.

Get a jump start on feeling better everyday.

Live Like Your Life Depends On It.

