

A TIP FROM A  
**FORMER  
SMOKER**



**When it came to smoking,  
I had to face the music.**

*Fred W., age 76, California*

*Fred got throat cancer from smoking and had his vocal cords removed.  
After surgery, he realized he wouldn't be able to play his beloved saxophone anymore.  
He wishes he had never started smoking.*

**YOU CAN QUIT.**  
**For free help, call 1-800-QUIT-NOW**



Scan for free resources  
to help you quit smoking

For Print Only

