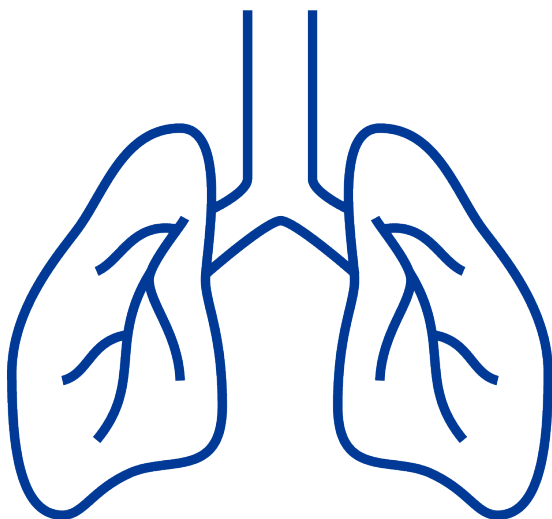




Mass General Brigham



Take a deep breath.
You got this.
We're here to help.

It's difficult to quit smoking.
Many people try to quit, fail,
and try again.

Despite these challenges,
you can succeed.



Quitting is one of the best things you can do for your health.

**For help with quitting,
talk to your doctor or call
800-QUIT-NOW.**

massgeneralbrigham.org

Information provided by the Mass General Brigham Lung Screening Program

800-QUIT-NOW is a free, confidential quitline sponsored by the US Centers for Disease Control and Prevention.