

# Smoking costs you more than just your health.



**LIKE HAVING MONEY FOR FOOD.** At just one pack a day, a smoker spends **OVER \$100,000** on cigarettes in a lifetime.\* If you are ready to give it up for good, we can help. Call **1-800-QUIT-NOW (1-800-784-8669)** for a free program to help you quit, including **FREE PATCHES OR LOZENGES** while supplies last.



STAMP OUT SMOKING  
ARKANSAS DEPARTMENT OF HEALTH



stampoutsmoking.com

\*Based on a 65-year-old, smoking for a lifetime.