

Smoking costs you more than just your health.



LIKE HAVING MONEY TO BUY TOYS FOR YOUR CHILD. 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



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