

Email subject line: Now Is the Time: What's Your Reason to Quit?

What's Your Reason to Quit?

There are many great reasons to quit smoking—for your family, for your friends, and for the environment. You can even do it just for yourself—to enjoy a fuller and healthier life by letting go of tobacco.

Visit www.FOH.hhs.gov/Nov to take a quiz on smoking, to get ideas to help you quit, and to learn more about cessation programs that are available to you.

Quitting smoking is not easy. But there are tobacco cessation programs available that can help as you take this important step.

You may be wondering: what's the best time to quit?

How about **now**?

Think about your reasons for quitting. Write them down. And, save them as a reminder as you begin your journey to a smoke-free you.

