

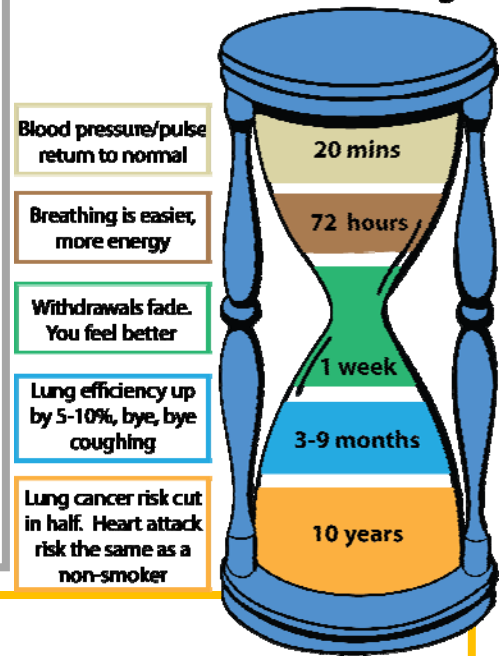
The Quitting Journey

Facts.Tools.Tips.

A Pathway to a Healthier Jefferson County

- **Fact: Cutting back or quitting has immediate health benefits for the tobacco user and those around them.¹**
- Breaking free of tobacco is a process. It can be hard. It's not impossible.²
- A slip is not a failure. Each attempt to stop using tobacco makes it easier to stop for good the next time.²
- There is no perfect way to quit. Try different methods and tools to find what works best for you.³
- Most people do not break free of tobacco the first time they try. It usually takes many attempts. The more someone tries, the closer they are to being free of tobacco for good.²
- **Quitting IS possible and *worth it*, even for those most strongly addicted.**

It's Time Health Benefits of Quitting



Tools and Tips for the Journey:

- For telephone support, coaching and resources to help you or a loved one become tobacco-free, call the Colorado Quitline at 1-800-QUIT-NOW.
- Support by phone, group and web-based 12 Step meetings is available from Nicotine-anonymous.org.
- Find guides and resources for becoming tobacco-free at MyQuitPath.org and BecomeAnEx.org.

Find a path. Help yourself and others navigate a tobacco-free world.

For more information, visit

www.tobaccofreejeffco.com or call 303-275-7555

References

- 1.CDC Smoking Cessation Fact Sheet: http://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm
2. US Department of Health and Human Services: http://www.cdc.gov/tobacco/data_statistics/sgr/2010/index.htm
- 3.CDC Smoking Cessation Fact Sheet: http://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm
- 4.CDC Smoking Cessation Fact Sheet: http://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm