

# Quit Smoking & Save Money

## CO\$T OF SMOKING

At the average cost of \$5.59 per pack.



## HEALTH BENEFITS OF QUITTING

### AFTER QUITTING

WITHIN

1 day

LOWERS HEART RATE AND BLOOD PRESSURE

1 year

LOWERS RISK OF HEART DISEASE TO HALF OF THAT OF A CURRENT SMOKER

5 to 15 years

LOWERS RISK OF A STROKE TO CLOSE TO THAT OF SOMEONE WHO NEVER SMOKED

### SMOKEFREE LAWS

HAVE REDUCED STROKE RISKS AND CORONARY EVENTS IN PEOPLE 65 AND YOUNGER.



LAWS PROHIBITING SMOKING IN ALL INDOOR AREAS HAVE

REDUCED

EXPOSURE TO SECONDHAND SMOKE.

LET'S PROTECT ALL ARKANSANS.



1-800-QUIT-NOW (1-800-784-8669)

stampoutsmoking.com