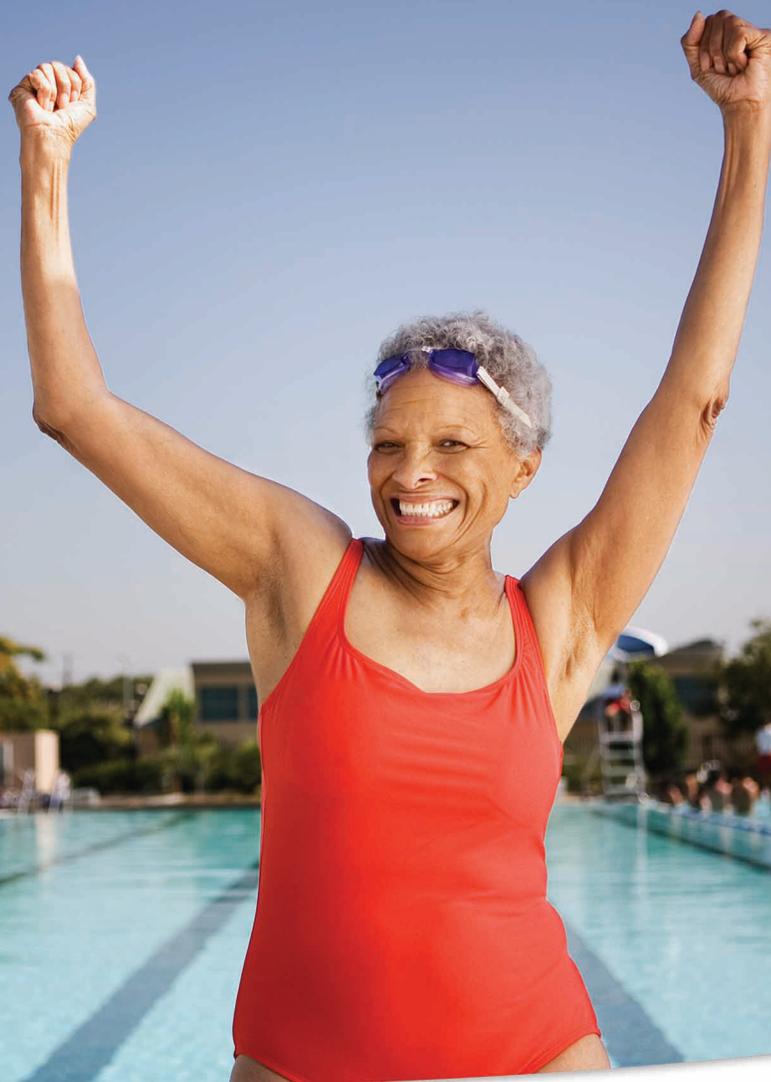


*For Me*

# A Day Without Tobacco Means:

Knowing that my risk of a heart attack decreases after only one day.



Just by quitting tobacco for a day, you will see instant benefits – saving money, improved health and having more time for yourself. Maybe you've tried quitting several times without success, but your next quit will be the one that lasts.

If you want to see what the rest of your life without tobacco would look like, enroll for free in the Quit For Life® Program today. You may even qualify for free nicotine replacements, such as patch or gum.

**1.866.QUIT.4.LIFE | [www.quitnow.net/commonhealth](http://www.quitnow.net/commonhealth)**  
(1.866.784.8454)



Quit For Life® Program



The Quit For Life® Program is brought to you by the American Cancer Society® and Alere Wellbeing. The two organizations have 35 years of combined experience in tobacco cessation coaching and have helped more than 2 million tobacco users. Together they will help millions more make a plan to quit, realizing the American Cancer Society's mission to save lives and create a world with more birthdays.

\*The chance of heart attack decreases within 24 hours of quitting tobacco according to the American Cancer Society®.

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