

# How to Quit



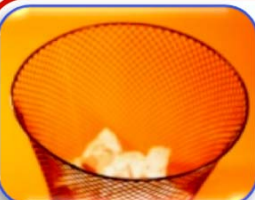
**1. Talk to your doctor.**



**2. Pick your quit date.**



**3. Decide how you want to quit.**



**4. Throw it away.**



**5. Get support.**



**6. Don't smoke.**



**7. Track your progress.**

**8. Keep trying!**