

## **Start The New Year Tobacco Free**

**"Stopping smoking is the easiest thing to do--I've done it a hundred times!"**

You might laugh at this old line. But quitting tobacco use is no laughing matter to those who are hooked. Nicotine is a powerfully addicting drug and ending a dependence on it can be a very difficult thing.

**Get help.** Each year, only about five percent of people who try to stop on their own succeed. Research shows that the best success is achieved by those enrolled in formal tobacco cessation programs.

**Keep trying.** Most tobacco users require many tries before they are able to stop for good. An unsuccessful attempt is not a failure; it is a learning experience that brings you one step closer to your goal.

The Health Promotion department stands ready to help you reach this goal. We offer you resources that will prepare you to take the big step towards a tobacco free life, and Tobacco Cessation classes on a monthly basis. Stop by our office at the NAS I hospital, or give us a call at 624-4710 for more details.

Have a happy, healthy tobacco free New Year.