

1 YEAR
after you quit smoking,
your risk of heart disease is
cut in half.



But right now, you're a HEART ATTACK waiting to happen.

For more information:

1-800-QUIT-NOW

GetHealthyWashoe.Com

Supported by the Nevada State Health Division (NSHD) through grant numbers 3U58DP002003-0152 and 5U58DP001003-03 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the NSHD or the CDC.