

## HOW DO I SIGN UP?

Receive one of these FREE services  
by calling

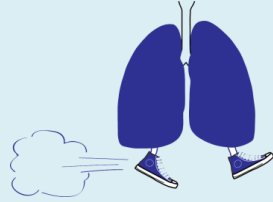
1-866-NEW-LUNG (1-866-639-5864)

Services for adults are offered in English,  
Spanish, and Vietnamese.

For FREE help to quit smoking, call

1-866-NEW-LUNG

639-5864



## Quit Smoking Today!

### Free Services

in Orange County



### APPOINTMENT REMINDER

DATE: \_\_\_\_\_

TIME: \_\_\_\_\_

LOCATION: \_\_\_\_\_

### OUR PROGRAM GIVES YOU:

- Free Nicotine Patches
- A Quit Plan That Is Right For You
- Tips on Dealing With Stress
- Individual Support





## HOW QUITTING SMOKING WILL HELP YOU

\$1,642

Those who smoke a pack a day can save \$1,642.00 a year.

## DID YOU KNOW THAT THERE ARE OVER 7,000 CHEMICALS IN CIGARETTE SMOKE?

20mins

20 minutes after quitting, blood pressure, pulse rate, and body temperature return to normal.

24hrs

24 hours after quitting, your chances of having a heart attack go down.

48hrs

48 hours after quitting, your sense of smell and taste start returning to normal.

72hrs

72 hours after quitting, your breathing gets easier.

### WHAT YOU WILL RECEIVE

#### Understand How to Quit

- Our specialist will teach you how to prepare yourself to quit smoking.

#### Make Your Own Quit Plan

- We will help you in making a quit plan specific to your triggers and needs.

#### Tips On Dealing With Stress

- Learn healthy ways to handle your stress.

#### Free Nicotine Patches

- Receive a two week supply of nicotine patches.

### WHY DO YOU WANT TO QUIT?

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### CHOOSE THE SERVICE THAT WORKS FOR YOU

#### Seminars

Attend a one-time 90 minute or two-time 45 minute seminar to get the support you need in the quitting process.

#### 5 Week Class Series

This class meets for one hour per week, for five weeks to provide steps to quitting and guidance on how to stay quit.

#### Individual Counseling

Meet in person with a counselor to discuss your individual needs to quit.

