QUITTING IS POSSIBLE
戒煙可行

IT STARTS WITH YOU
由你開始

TALK
to your doctor about your quit plan
諮詢
你的醫生有關你的戒煙計劃

ASK
about free nicotine patches and gum
詢問
有關免費尼古丁貼片與口香糖的資訊

SET
small goals to track your progress
設定
小目標以跟進你的戒煙進度

Using counseling and medication together results in a higher quit success rate.
參加戒煙輔導及同時使用藥物，能提高戒煙的成功率。

Call (212) 966-0461 to learn more
about how to quit smoking today
今天就致電 (212) 966-0461
瞭解如何戒煙