

WORLD NO

TOBACCO DAY

Commit to Quit

EVERY YEAR ON MAY 31
CREATED BY THE WORLD HEALTH ORGANIZATION IN 1987.

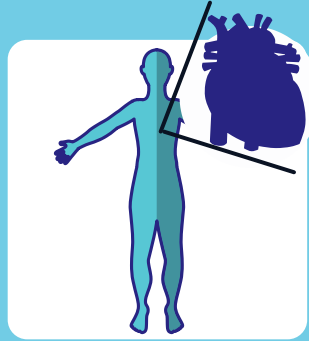
Here are some reasons why...



After **20 minutes of being smoke free**, heart rate and blood pressure return to normal.



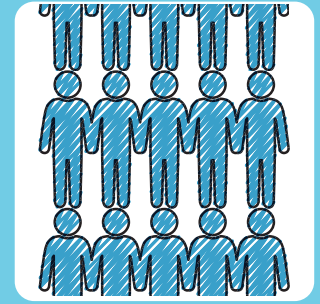
In just 12 hours of being smoke free, carbon monoxide **drops to normal**.



After **15 smoke free years**, the risk for heart disease is the same as someone who has never smoked.



1.2 million people of the world's tobacco users died from secondhand smoke.



It is estimated that **100 million** people have died in the 20th century from cigarettes.

Mom's Quit Connection for Families

Visit www.momsguit.com or call 1-888-545-5191 to chat with a counselor today for free!

Serving families that care for a child 7 years old or younger.

New Jersey Quitline

Visit www.njqitline.org or call 1-866-657-8677 to chat with a counselor today for free!

Must be 18 years old or older, and live in New Jersey