



When did smoking become part of us?



**WHEN SO MANY OF US SMOKE, IT CAN ALMOST
SEEM LIKE IT'S PART OF OUR IDENTITY.**

BUT IT'S NOT.

Together, we can be proud of making a healthy choice.
To quit smoking, call the Vermont Quit Line at 1-877-YES-QUIT (937-7848).



The Quit Line is a free service brought to you by the Vermont Department of Health.