



FOREVER
FREE[™]

A Guide
To Remaining
Smoke Free



Your Health

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This is the fifth booklet in the Forever Free series. This booklet covers how smoking affects your health and how your health will get better now that you have stopped smoking. Many people quit smoking because they are worried about the health effects of smoking. For people who quit for other reasons (such as the cost), the health effects of quitting are a bonus.

Before you start reading this booklet, take time to list some of the negative health effects of smoking. Then list some of the good health effects that you have seen since you quit.

NEGATIVE HEALTH EFFECTS
OF SMOKING

GOOD HEALTH EFFECTS
OF QUITTING SMOKING

SAMPLE