



# ExSmoker HALL of FAME

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***I helped my  
mom quit!***

*Why I quit:* My first attempt was unsuccessful. I was so upset I decided to not allow myself to smoke in my house. Instead, i smoked outside in all kinds of weather. In May 2002, my best friend's husband was diagnosed with lung cancer and died four months later at the age of 46 (just one year older than me).

*My strategy:* One month later I told my doctor, “I HAVE TO QUIT!” and she helped to get me on a treatment plan to quit for good. I'm proud to say, I had my last cigarette on October 18, 2002.

*After quitting:* My family and friends are very relieved that I've stopped. Now, I can go anywhere without looking for the smoking section.

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For free coaching, support and medication  
Call **1-800-QUIT-NOW**



**Joanne**Butler

Targeted Case Management Unit

**12**  
years smoke-free

years smoked: **30**  
quit attempts: **2**

**Quit Now**

[SmokeFreePhilly.org/ExSmoker](http://SmokeFreePhilly.org/ExSmoker)

City of Philadelphia



**DBHIDS**

DEPARTMENT of BEHAVIORAL HEALTH  
and INTELLECTUAL disABILITY SERVICES