



ExSmoker HALL of FAME

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***Please quit
smoking!***

Why I quit: I was convinced it was time to quit when I saw my three-year-old son, Gabriel, imitate me smoking. My wife and I were also expecting twins.

My strategy: Quitting cold turkey worked for me. Nothing else worked other than quitting outright. Before, I tried the gum, the patch, toothpicks and Varenicline. I threw away my lighters, and avoided gas stations for almost a month.

After quitting: Nowadays, I can breathe again. Quitting has helped me to save money, feel healthier, and set a better example for my children.

You have no idea how much you'll regret every cigarette you've smoked, until you stop.

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

CharlesMcCrea

Criminal Justice Unit

years smoke-free
2

years smoked: **15**
quit attempts: **5**

Quit Now

SmokeFreePhilly.org/ExSmoker

City of Philadelphia



DBHIDS

DEPARTMENT of BEHAVIORAL HEALTH
and INTELLECTUAL disABILITY SERVICES