



# ExSmoker HALL of FAME

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***You can do  
anything that  
you put your  
mind to!***

*Why I quit:* I got tired of the cost and the smell, so I decided to quit. The smell bothered me, my family, and my friends. I also had better things to spend my money on.

*My strategy:* Two methods worked for me: “Taking it slow” and “Cold turkey.” First, I lowered the amount of cigarettes I purchased and smoked each day. Then I got down to one cigarette per day, I then went cold turkey. It was not easy.

*After quitting:* I gained a substantial amount of weight, and went through major withdrawals.

Now, after 14 years smoke free, I feel a whole lot better.

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



**Naima**Ware

Performance Evaluation, Analytics  
and Research Department

**13**  
years smoke-free

years smoked: **15**  
quit attempts: **4**

**Quit Now**

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

City of Philadelphia



**DBHIDS**

DEPARTMENT of BEHAVIORAL HEALTH  
and INTELLECTUAL disABILITY SERVICES