

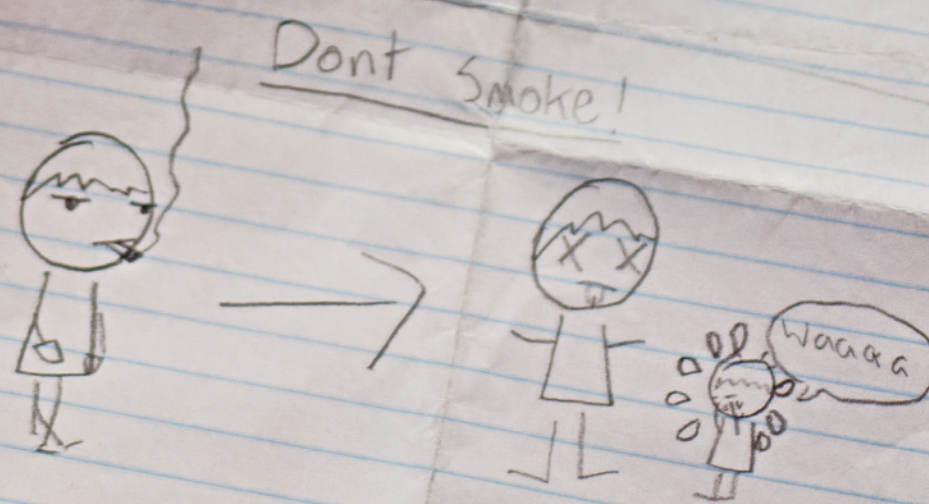
A TIP FROM A
**FORMER
SMOKER**

TM

**Let your
kids inspire
you to quit.**

Beatrice, quit at age 37

age: 11
Nick Swerbitov
Dear Mom, Smoking:
Thank you mom for quitting.
I know you can do it. I
hard thing to do but smoking
you, so you are saving you
I'm lucky to have parents like
and Daddy 'cause maybe other
parents would probably say "oh
just a kid" but you are the best
in the world! :)



**Medicaid and your health care provider can help you quit.
For more help,**

CALL 1-866-697-8487.

health.ny.gov/quitsmoking



Department
of Health