

# RESOURCES: QUITTING POSTERS



Feel free to use any of the posters included or contact us and we can connect you to someone in your area who can help with local cessation resources.



**This leaf kills more people than AIDS, alcohol, car wrecks, illegal drugs, murders and suicides combined.**

Tobacco is the leading source of preventable disease and death worldwide.

Smoking-related diseases claim an estimated 443,000 American lives each year.

Nicotine is more addictive than Heroin, Cocaine and Marijuana.

Nicotine is extremely toxic, three times as toxic as arsenic and is more toxic than strychnine.

Cigarette smoke contains over 4,000 chemicals, including 43 known cancer-causing compounds, including tar, carbon monoxide, formaldehyde, ammonia, hydrogen cyanide, arsenic, and DDT.

Now is the perfect time to quit. **1.800.QUIT.NOW**  
Indiana's Tobacco Quitline  
QuitNowIndiana.com

**CLICK TO DOWNLOAD THIS RESOURCE**



<http://bit.ly/ALAQuitPosters>

[www.INsmokefreehousing.com](http://www.INsmokefreehousing.com)