



STAYING HEALTHY

Your Reasons for Quitting

There are several reasons to quit tobacco use but only YOUR reasons will motivate you to quit for good!

Think about all the reasons you have decided to embark on this journey. Write them down here and review your list whenever you need a reminder of why you want to be tobacco-free.



MY REASONS FOR QUITTING

For more information, visit optimahealth.com/quitsmoking

