

WORLD NO **TOBACCO** DAY

Improve your physical wellbeing — set yourself free from smoking today!



10 REASONS TO STOP SMOKING

Reduce your risk of cancers and respiratory diseases



Regain more of your sense of taste and smell



Lower your heart rate and blood pressure



Live a longer and healthier life



Breathe better and be active without being short of breath



Set a good example and protect children and others from second-hand smoke



Boost your immune system



Break nicotine addiction



Increase your energy



Save money

