

- You will live longer and live healthier
- You will have more energy and breathe easier
- You will lower your risk of heart attack, stroke and cancer
- The people you live with will be healthier
- You will save money (at over \$5.00 per pack, if you smoke 1 pack per day, you will save more than \$1,800 each year and more than \$18,000 in 10 years)