

# WHAT'S THE BIG STINK? YOU.

You make an impression when you smoke ... and it lingers. As bad as smoking smells, it's even worse for your health.

Get a fresh outlook on life. The Illinois Tobacco Quitline is a free resource and offers a staff of nurses and certified tobacco counselors to help create a plan just for you.



QUIT FOR GOOD.

Success stories:  
[QuitYes.org](http://QuitYes.org)



1-866-QUIT-YES  
Se habla español.

#QuitYes   1-866-784-8937