

The Truth About Smoking

What does smoking give you besides bad breath ?

- Smelly clothes and hair
- Wrinkled skin
- Yellow teeth and fingers
- Pimples and hair loss
- Lung damage
- An irritating cough
- Loss of taste
- Cataracts
- Loss of hearing
- Heart disease
- Blood clots
- A bad addiction
- An expensive habit
- Cancer



Check out www.quitnow.ca and download your own FREE "Smart Steps" booklet.

