



Keep at it!

**Remember all that you have learned
from the Beat the Pack™ program.**

You're on your way to becoming
1 of the 1.3 million Americans
who quit smoking every year!¹

Get better overall health!

Save time and money!

The tools and information provided
can help you along the way.

If you have any questions about the program, please contact:

Reference:

1. Tobacco Research and Intervention Program. *Forever FREE™: A Guide To Remaining Smoke Free: An Overview*. 2000. <http://www.smokefree.gov/pubs/FF1.pdf>. Accessed March 23, 2008.