

Just Do It

The benefits of quitting tobacco are considerable and immediate:

- ✓ Within 20 minutes, blood pressure and pulse are lowered
- ✓ In 2 days nerve endings are restored
- ✓ In 2 weeks circulation improves
- ✓ In 1 to 9 months fatigue and shortness of breath decreases
- ✓ In 1 year the risk of a heart attack is cut in half



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WORKING FOR A HEALTHIER TN