



**Do you want to quit Tobacco, E-Cigs,  
Vaping or Nicotine but nothing works?**

# **QUIT FOR FREE**

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**Join a quit group or meet with your own personal quit coach  
Call Sarah Doyle (802) 289-0045**

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Join a **FREE** Fresh Start Cessation Group!

Or meet with your own personal quit coach to talk about smoking, quitting, staying quit, and all the challenges in between, in a non-judgmental, friendly environment. Talk about quitting smoking, chewing tobacco, E-Cigs, or Vaping which is the most important step you can take to live a longer and healthier life.

**Quitting can be tough, but you don't have to do it alone.**

**Quit in a  
Group**

**OR**

**Personal Quit  
Coach**

**Starts:** [Call for Details](#)

**Location:** Online

**Time:** To Be Announced

Schedule YOUR  
appointment  
with  
YOUR

Personal Quit Coach

**Call NOW to register (802) 289-0045**

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# WHAT ARE THE BENEFITS OF QUITTING??

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## **20 MINUTES AFTER QUITTING:**

**YOUR HEART RATE AND  
BLOOD PRESSURE WILL DROP**

## **12 HOURS AFTER QUITTING:**

**YOUR BLOOD OXYGEN LEVEL  
RETURNS TO NORMAL**

## **2-3 WEEKS AFTER QUITTING:**

**YOUR BREATHING AND  
CIRCULATION IMPROVES**

## **1-9 MONTHS AFTER QUITTING:**

**YOUR COUGHING AND SHORTNESS  
OF BREATH DECREASES**

## **1 YEAR AFTER QUITTING:**

**YOUR RISK OF HEART DISEASE  
IS CUT IN HALF AND  
YOUR RISK OF HEART ATTACK  
DRAMATICALLY DROPS**

## **2-5 YEAR AFTER QUITTING:**

**YOUR RISK OF STROKE IS  
CUT REDUCED TO THAT  
OF A NON-SMOKER**

## **AS WELL AS...**

**+YOUR BREATH WILL SMELL BETTER**

**+YOUR TEETH WILL GET WHITER**

**+YOUR CLOTHES AND HAIR WILL SMELL BETTER**

**+YOUR FOOD WILL TASTE BETTER**

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