

Reasons to QUIT SMOKING



Tobacco stains will fade from your teeth, nails, and hands.



You will look better and have more energy.



You will have more money in your pocket.



You will be free from having to find a place to smoke.



The smell of cigarettes will fade from your clothes, car, and home.



You will set a good example for your children and others.

To learn more about the affects of smoking and second-hand smoking or for help to quit, call Health Shield on +971 2 698 9999 or visit our website www.ch-srh.ae