

# NEED HELP TO STOP SMOKING/ CHEWING?



- Cut back on cigarettes/chewing tobacco gradually
- Set a **QUIT** date
- Plan how many cigarettes you will smoke each day until your **QUIT** date
- Make the amount you smoke/chew smaller each day
- Buy only one pack at a time
- Change brands so you don't enjoy smoking/chewing
- Give cigarettes/chewing tobacco to someone else, so that you have to ask for them each time you want to smoke/chew

**Tobacco Free at  
Lenoir Community College  
Begins May 14, 2010**