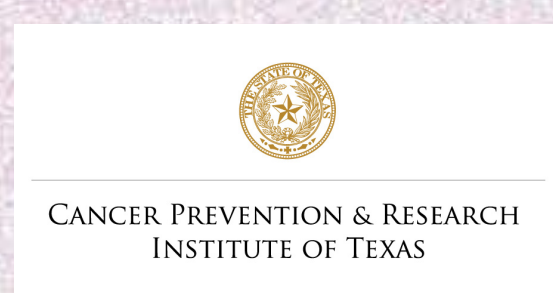
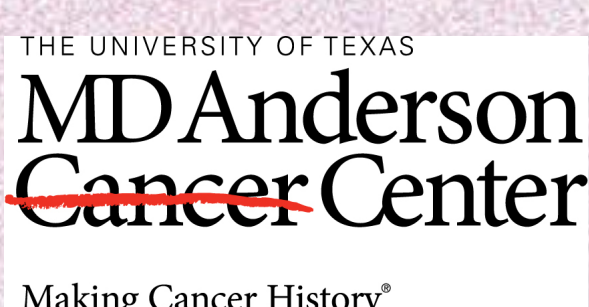




Quitting cigarettes isn't a perfect process.

“I had to try more than once to quit. **But I never gave up.**
With each try I learned more about quitting, and myself.”

- Mel, 22



Keep going with your quit process at
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