



I DIPPED SNUFF
BECAUSE IT WAS
THE COWBOY WAY.

Then I had to cowboy up when tobacco caused my mouth cancer.

Tobacco wasn't worth it.



JAMES CAPPS, ORAL CANCER SURVIVOR
TUSHKA, OK

TOBACCO STOPS WITH ME.com

Free quit coaching and free patches, gum or lozenges - a click or call away.



TSET. Better Lives Through Better Health.