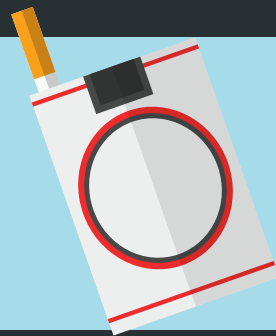


# UP IN SMOKE

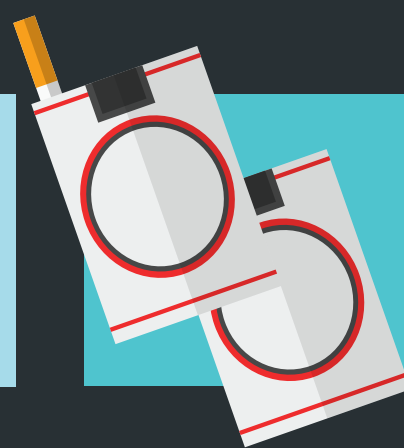
## THE COST OF SMOKING



1 pack a day habit now costs more than \$2200 a year —\$184 per month

MONTH  
\$184

YEAR  
\$2200



2 packs a day habit now costs more than \$4400 a year —\$368 per month

MONTH  
\$368

YEAR  
\$4400

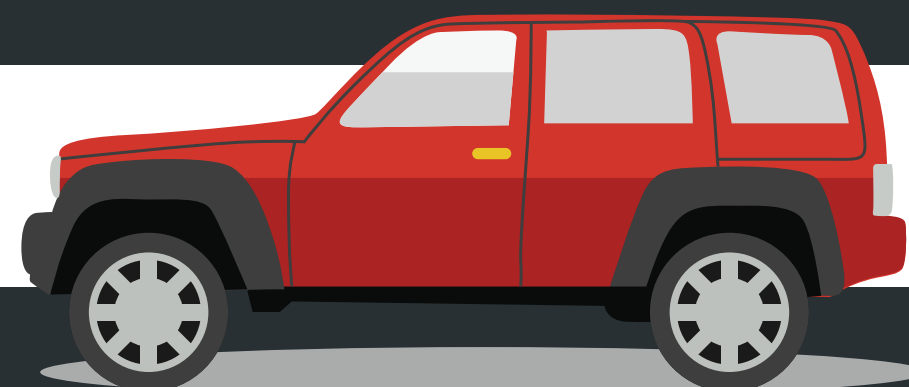


## If you quit, you can:

Take your family on a WEEK LONG vacation to Myrtle Beach with the money you save in one year.

## If you and your partner quit, you can:

Afford a monthly car payment



## Quit today and

In 2 weeks, you can pay for monthly cable (or satellite) TV service



In 4 months buy a laptop or tablet and internet service



In 1 month, get a smartphone and cellular service

During the year you can buy all the things your new baby will need.



Quitting is hard, but help is available.

Talk to your doctor or nurse, visit [women.smokefree.gov](http://women.smokefree.gov) or call 1-800-QUIT NOW.



[wvperinatal.org](http://wvperinatal.org)

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