

# QUITTING IS POSSIBLE

# 戒煙可行

IT STARTS WITH YOU  
由你開始



## TALK

to your doctor about your quit plan

## 諮詢

你的醫生有關你的戒煙計劃

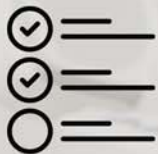


## ASK

about free nicotine patches and gum

## 詢問

有關免費尼古丁貼片與口香糖的資訊



## SET

small goals to track your progress

## 設定

小目標以跟進你的戒煙進度

Using counseling and medication together results in a higher quit success rate.  
參加戒煙輔導及同時使用藥物, 能提高戒煙的成功率。



CHARLES B. WANG  
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Call (212) 966-0461 to learn more  
about how to quit smoking today  
今天就致電 (212) 966-0461  
瞭解如何戒煙

