

## EDUCATIONAL PROGRAM FOR SMOKING CESSATION “LIVING SMOKE-FREE”

# DID YOU KNOW THAT...



- The smoking habit is one of the risk factors that has caused an increase in heart and lung increase lung cancer and other conditions?
- Quitting may seem very difficult, but it can be done? Don't give up!
- People who quit smoking feel proud of having freed themselves from addiction? When you quit smoking you gain many health benefits. Talk to your doctor about available options when the time comes to make the decision to quit.
- When the moment arrives, take it day by day. Instead of telling yourself “I’ll never smoke again”, say to yourself “I will not smoke today”.

In the educational program “Viviendo sin Humo” (Living Smoke-Free) We can help you modify this addiction.

 For more information, please call the Preventive Management Department at **787-277-6571**.

**TRIPLE-S SALUD**   
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