



# Keep at it!

Remember all that you have learned from the Beat the Pack™ program.

You're on your way to becoming 1 of the 1.3 million Americans who quit smoking every year!<sup>1</sup>

Get better overall health!

Save time and money!

The tools and information provided can help you along the way.

If you have any questions about the program, please contact:

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**Reference:**

1. Tobacco Research and Intervention Program. *Forever FREE™: A Guide To Remaining Smoke Free: An Overview*. 2000. <http://www.smokefree.gov/pubs/FF1.pdf>. Accessed March 23, 2008.