



It takes almost everyone multiple tries to quit smoking. But keep trying!

Because one try at a time is how you quit for good!

**FIVE
WAS IT
FOR ME!**

Mary T. Bassett, MD, MPH
NYC Health Commissioner

NYC'S FREE QUIT RESOURCES CAN HELP YOU SUCCEED.

Call **1-866-NY-QUITS** or visit **nysmokefree.com** for your **FREE NYC Quits Starter Kit** plus tips for quitting for good.



DOWNLOAD THE
NYC HelpMeQuit
APP TODAY!



Bill de Blasio
Mayor
Mary T. Bassett, MD, MPH
Commissioner



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FOURTEEN TRIES BUT I FINALLY DID IT!

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SEVEN WAS MY LUCKY NUMBER!

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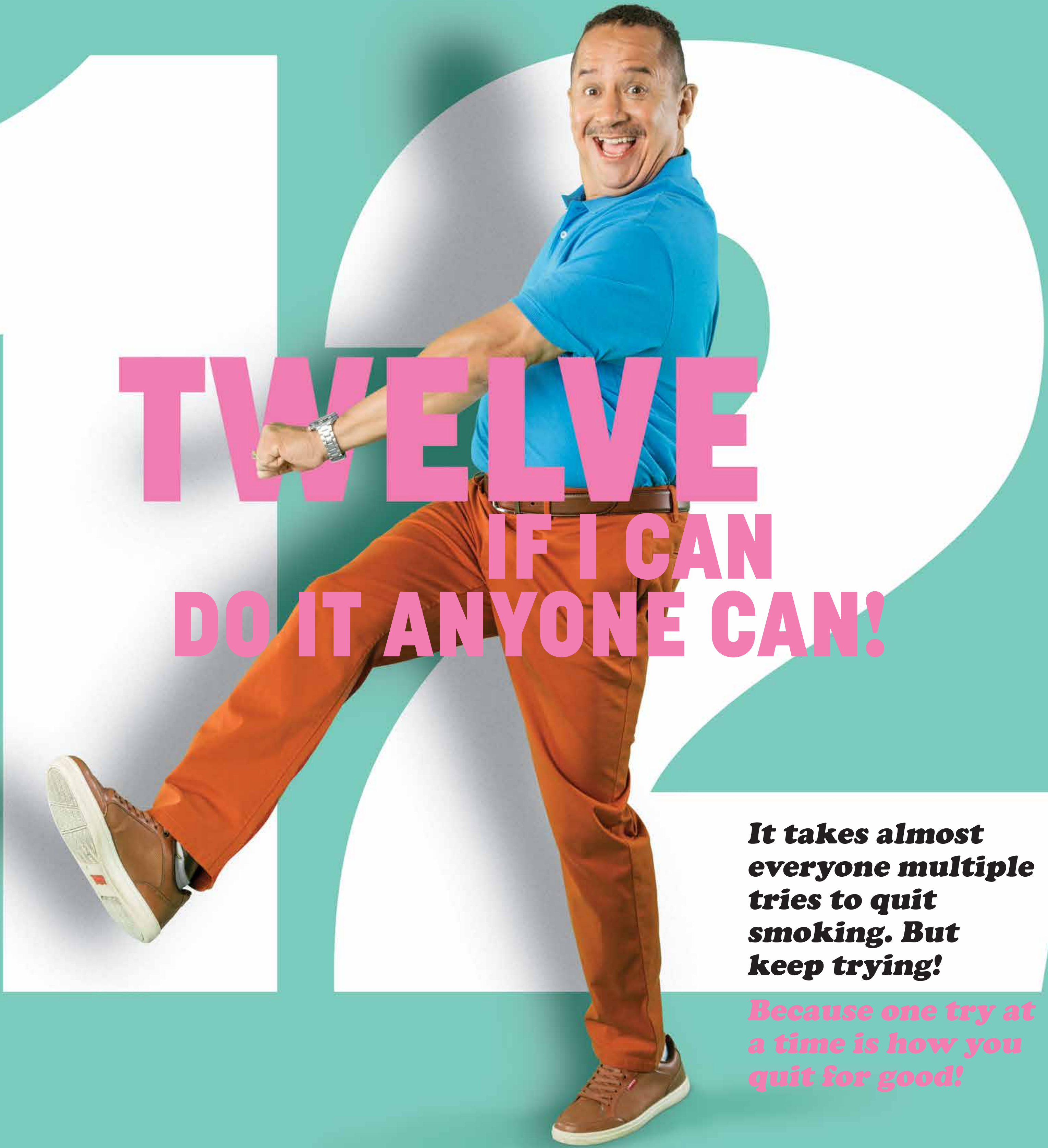
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**TWELVE
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