

TIPS FROM
FORMER
SMOKERS

“Over the years when I smoked, I never considered the effect that my smoking had on my family.”

Brian H., Tips® participant



Denise and Brian's story helped save lives. So can yours.

CDC is recruiting participants to be featured in future *Tips From Former Smokers® (Tips®)* campaigns. For ten years, the *Tips®* campaign has featured real stories of people negatively impacted by smoking or secondhand smoke exposure. Their stories have inspired more than 1 million people to successfully quit smoking.

If you are the family member and/or loved one who regularly cares for a person who used to smoke cigarettes and who is living

with a disease, such as cancer, COPD or another lung disease, heart disease, and/or stroke, we want to hear your stories. All applicants must have been tobacco-free for at least 6 months.

If you and your loved one would like to share the story of how your lives have changed because of a smoking-related disease, please respond by May 28th, 2021 by emailing contactus@joinCDCTips.org, calling 1 (844) 4-TIPS-NOW, or visiting joinCDCTips.org.



**Scan code with your phone's camera
to visit joinCDCTips.org**

