


WORLD NO TOBACCO DAY - MAY 31




MAKE A DIFFERENCE

"I count him braver who overcomes his desires than him who conquers his enemies; for the hardest victory is over self!"
— Aristotle

Do One Thing for a Better World

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MAKE A DIFFERENCE

"Children have never been very good at listening to their elders, but they have never failed to imitate them."
— James A. Baldwin

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MAKE A DIFFERENCE

"A cigarette is the only consumer product which when used as directed kills its consumer."
— Dr. Gus Brundland

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"After years of denial and deception, the Philip Morris company has admitted that cigarette smoking causes lung cancer and other diseases. This factual acknowledgment comes far too late but still we most all welcome it. It can be the beginning of clearing the air."
— Bill Clinton

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"What you have to do and the way you have to do it is incredibly simple. Whether you are willing to do it, that's another matter."
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"The believing we do something when we do nothing is the first fraction of tobacco."
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May 31

...make a difference...


Do One Thing
for a Better World.

Together
We Make a World of Difference!

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"Cigarette smoking is clearly identified as the chief, preventable cause of death in our society."
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"Yeah, well, I finally stopped smoking for good."
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"To cease smoking is the easiest thing I ever did. I ought to know because I've done it a thousand times."
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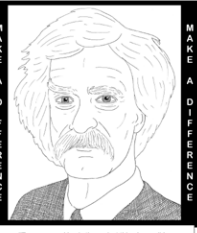


MAKE A DIFFERENCE

"With self discipline most anything is possible."
— Theodor Roosevelt

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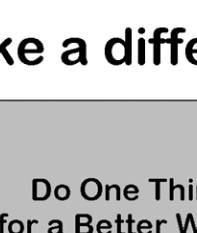


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"If you ever lit a cigarette in your life, you have very little will to live."
— Nease Donald Walsh

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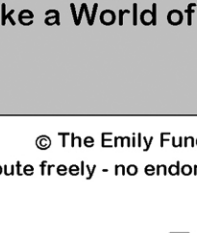


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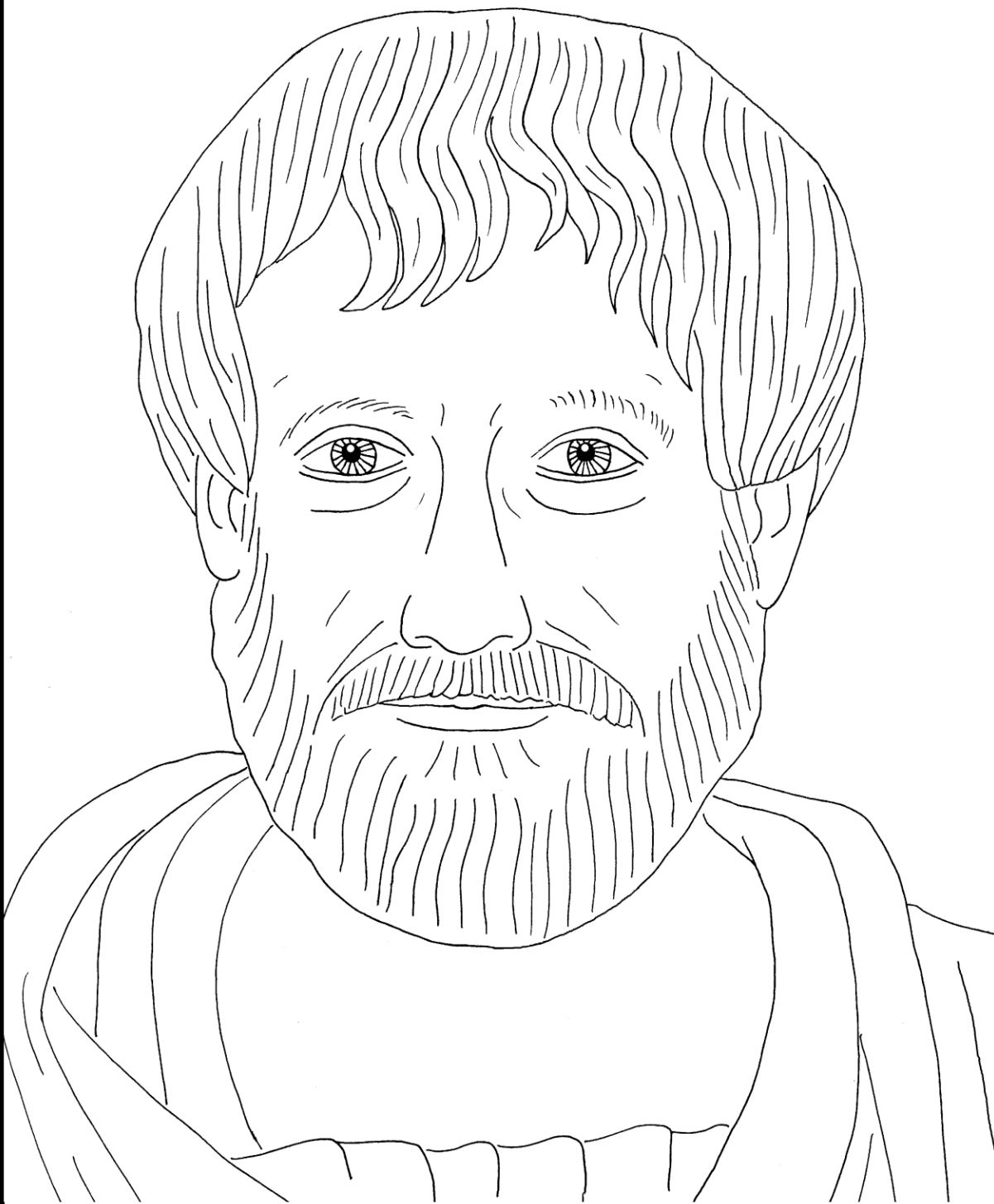
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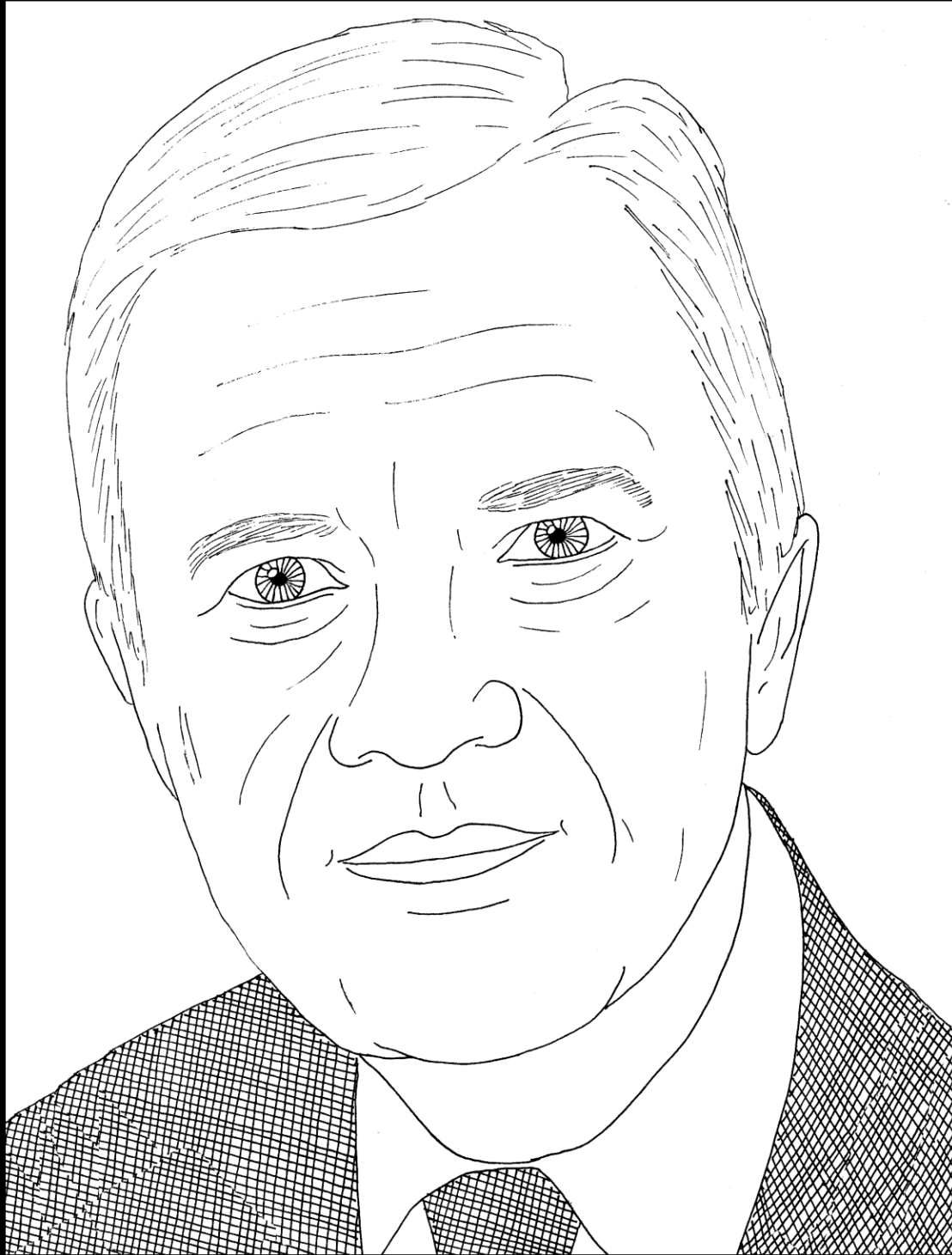
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"The awareness that health is dependent upon habits that we control makes us the first generation in history that to a large extent determines its own destiny."

-- Jimmy Carter

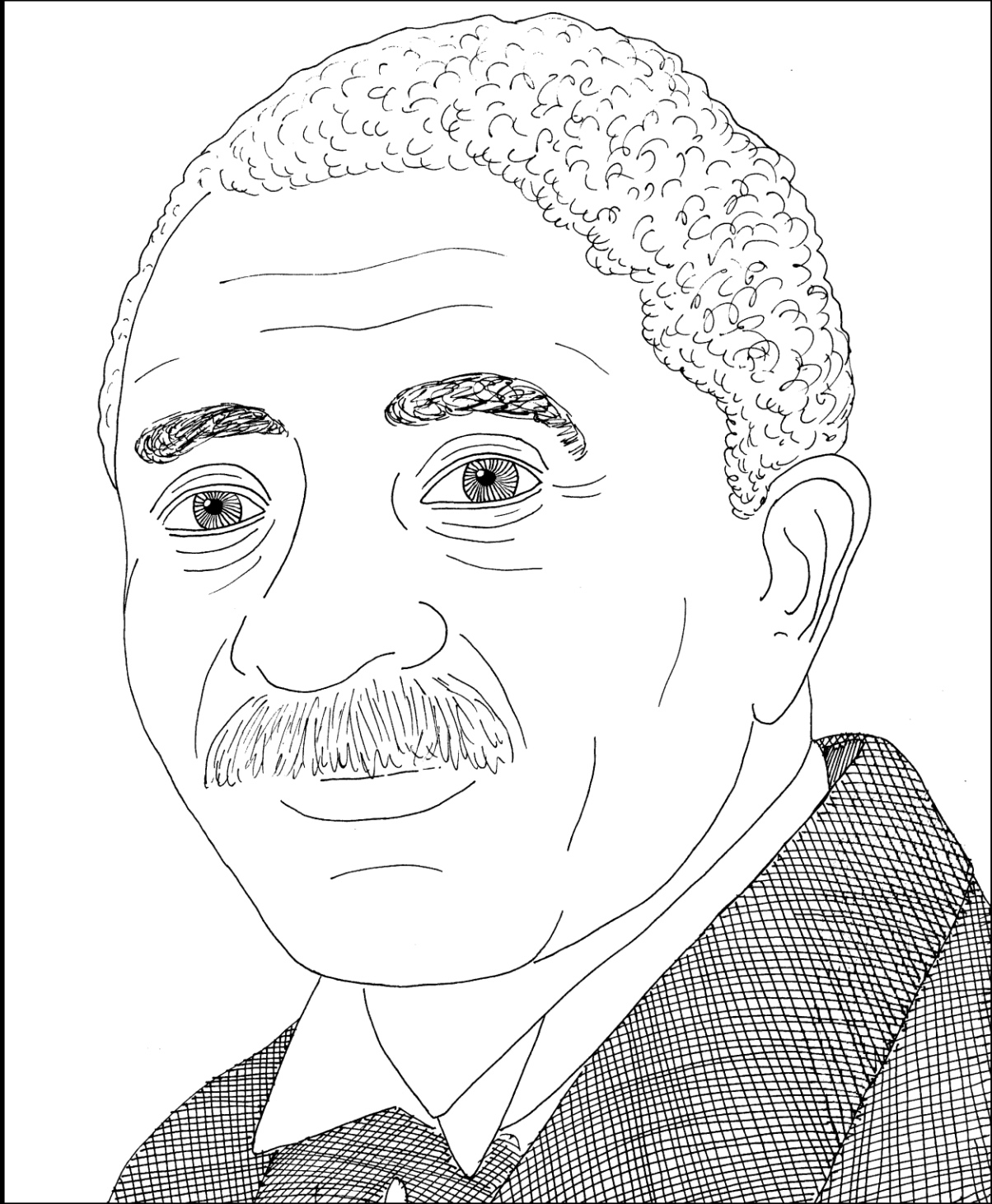
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"Ninety-nine percent of the failures come from people who have the habit of making excuses."

~ George Washington Carver

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"Man is not imprisoned by habit. Great changes in him can be wrought by crisis -- once that crisis can be recognized and understood."

-- Norman Cousins

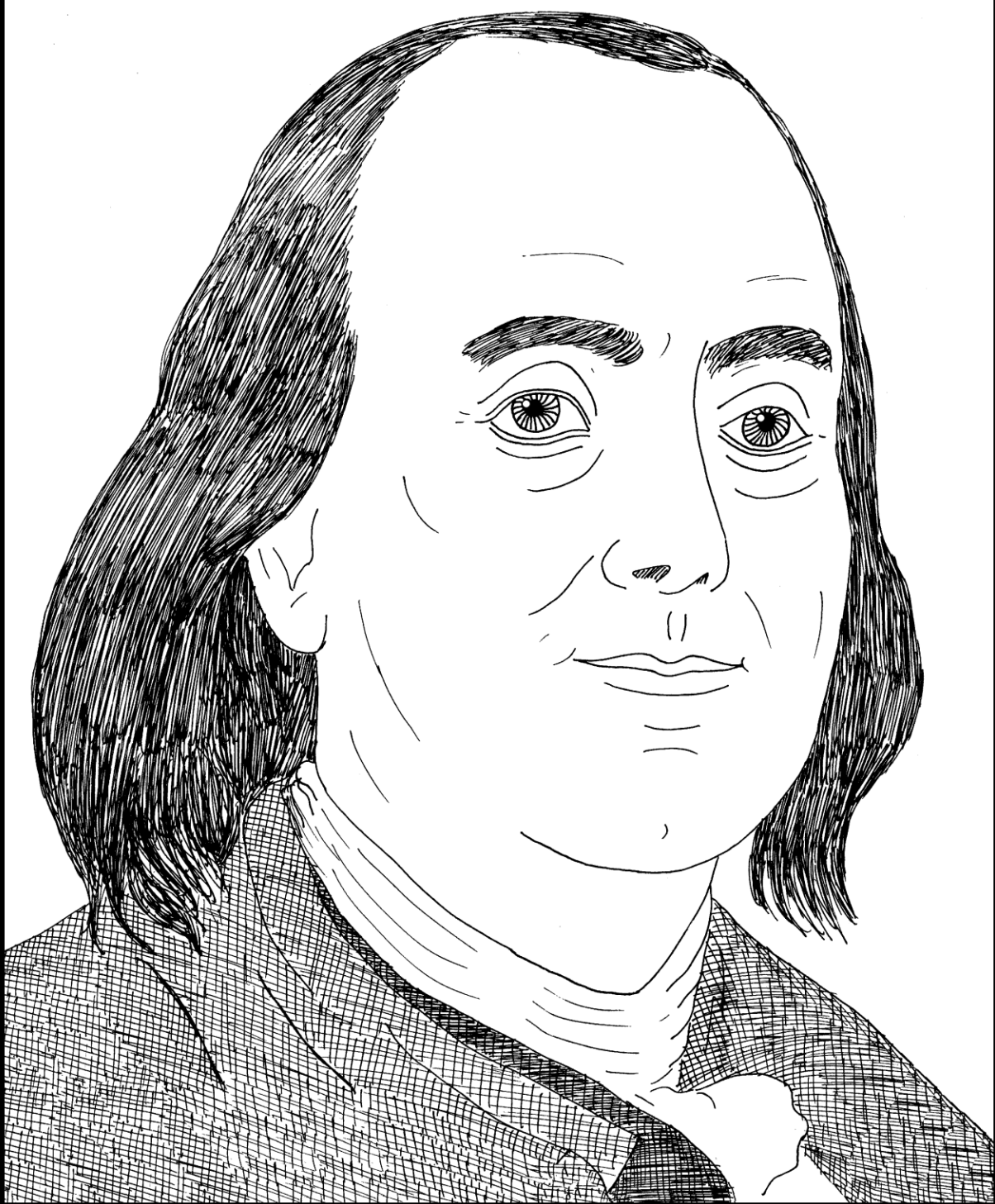
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**"It is easier to prevent bad habits than to break them."
-- Benjamin Franklin**

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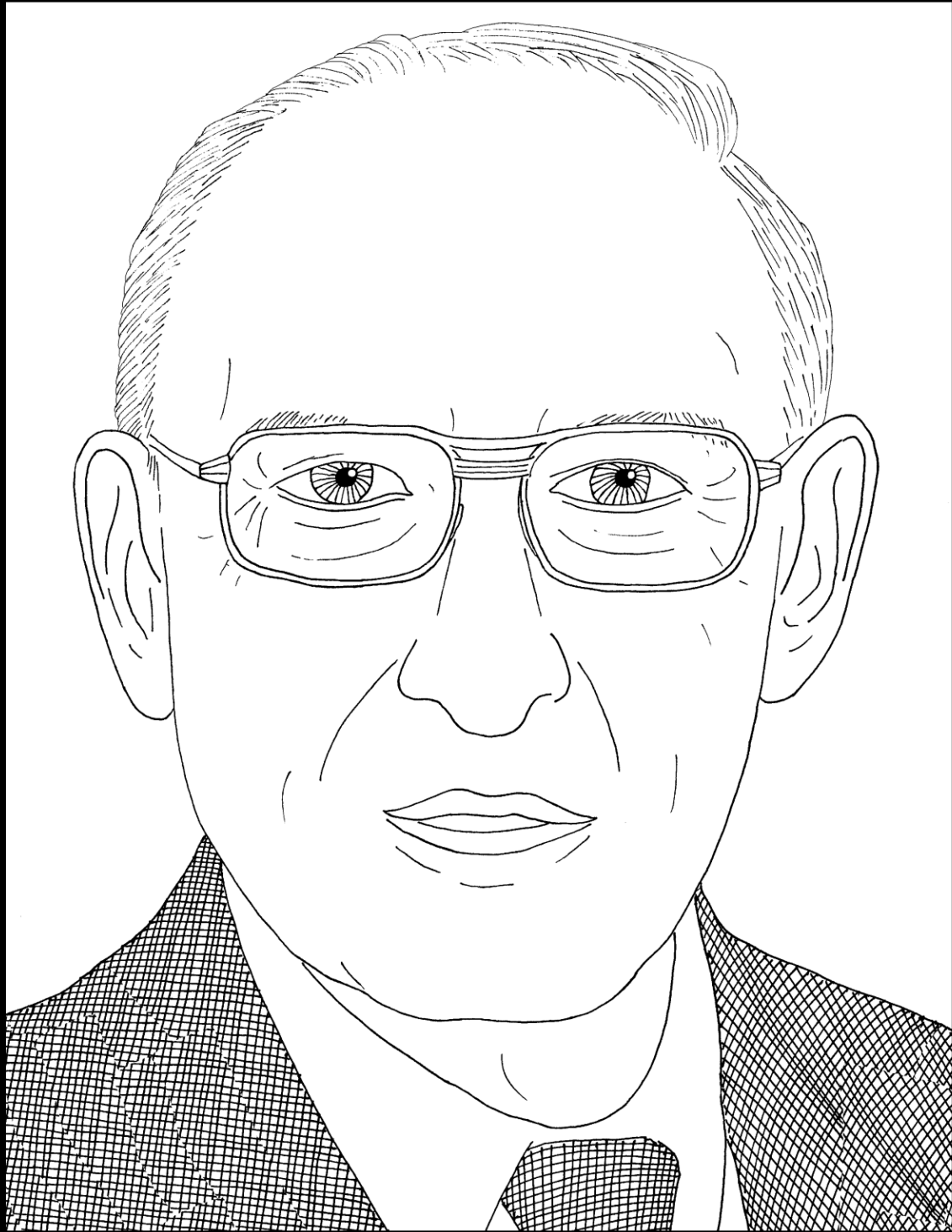
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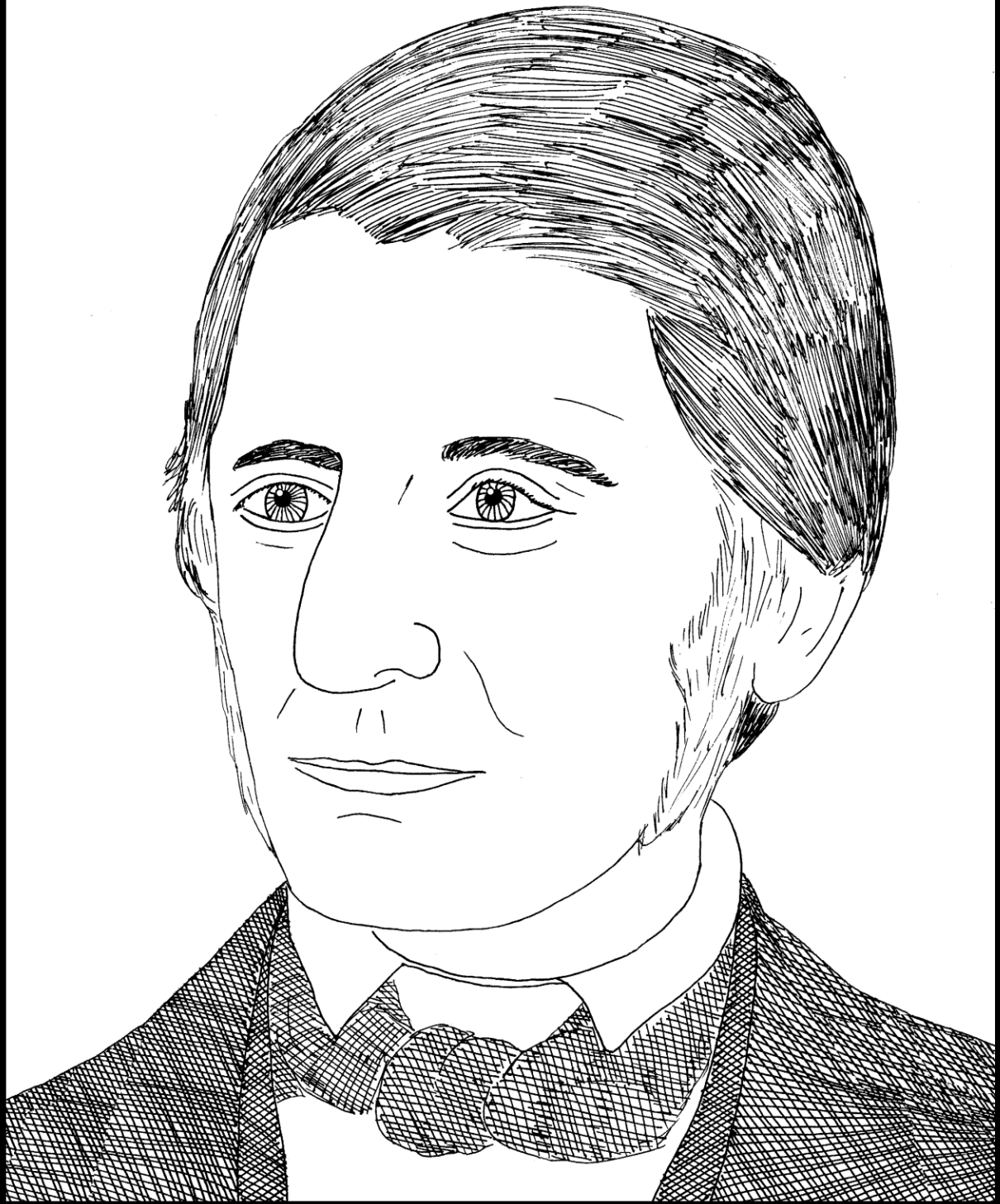
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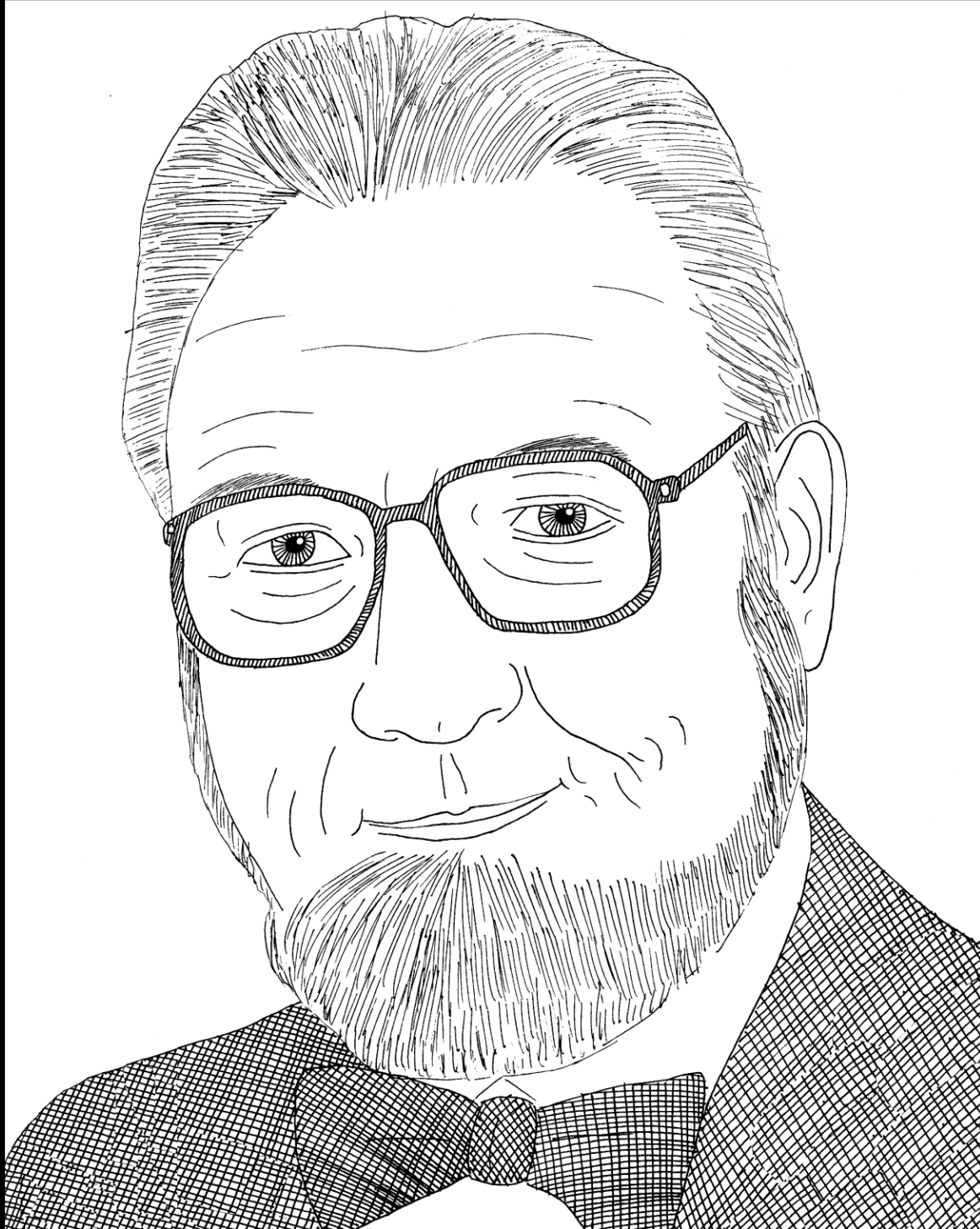
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**"Yeah, well, I finally stopped smoking for good."
-- Liam Neeson**

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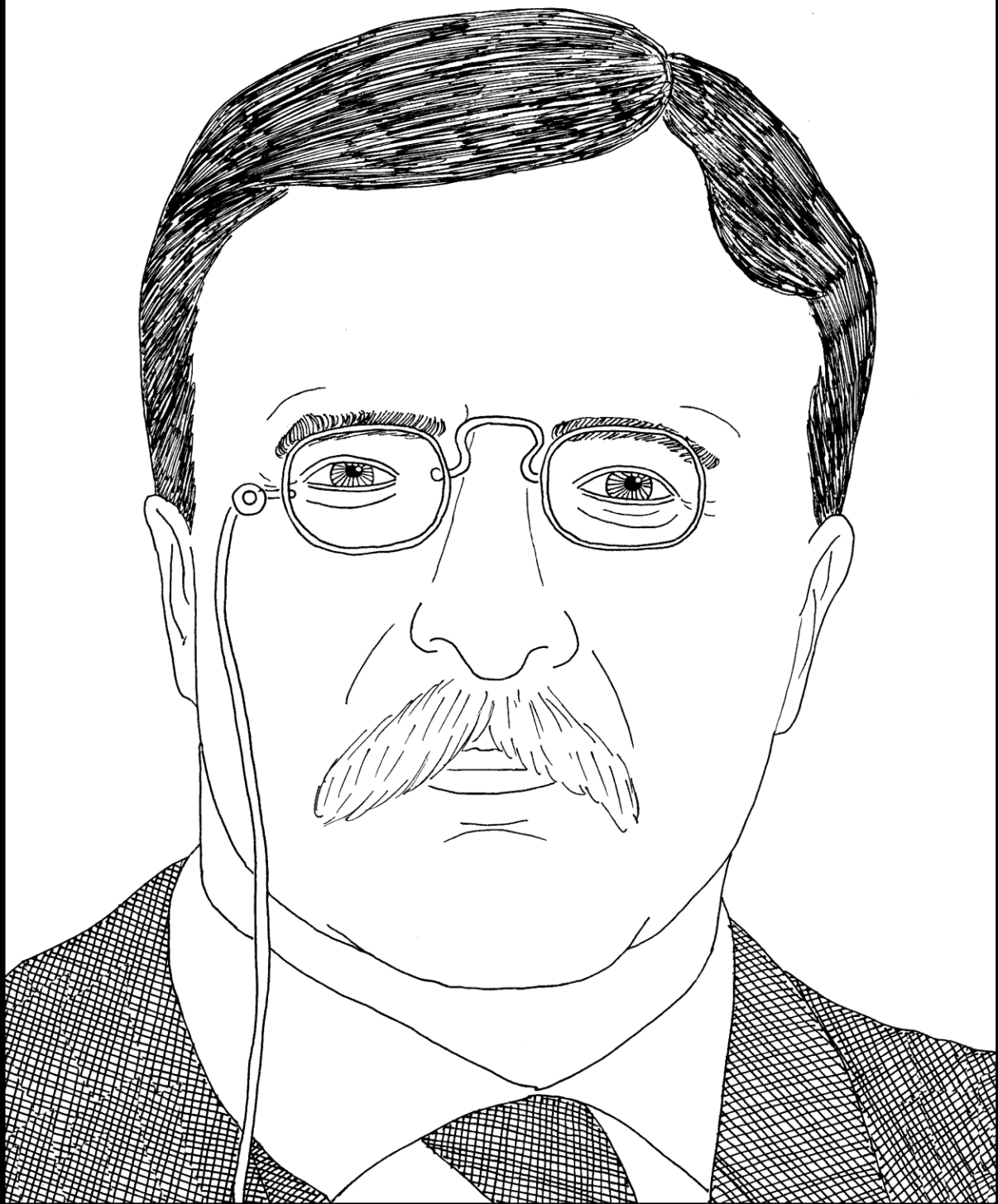
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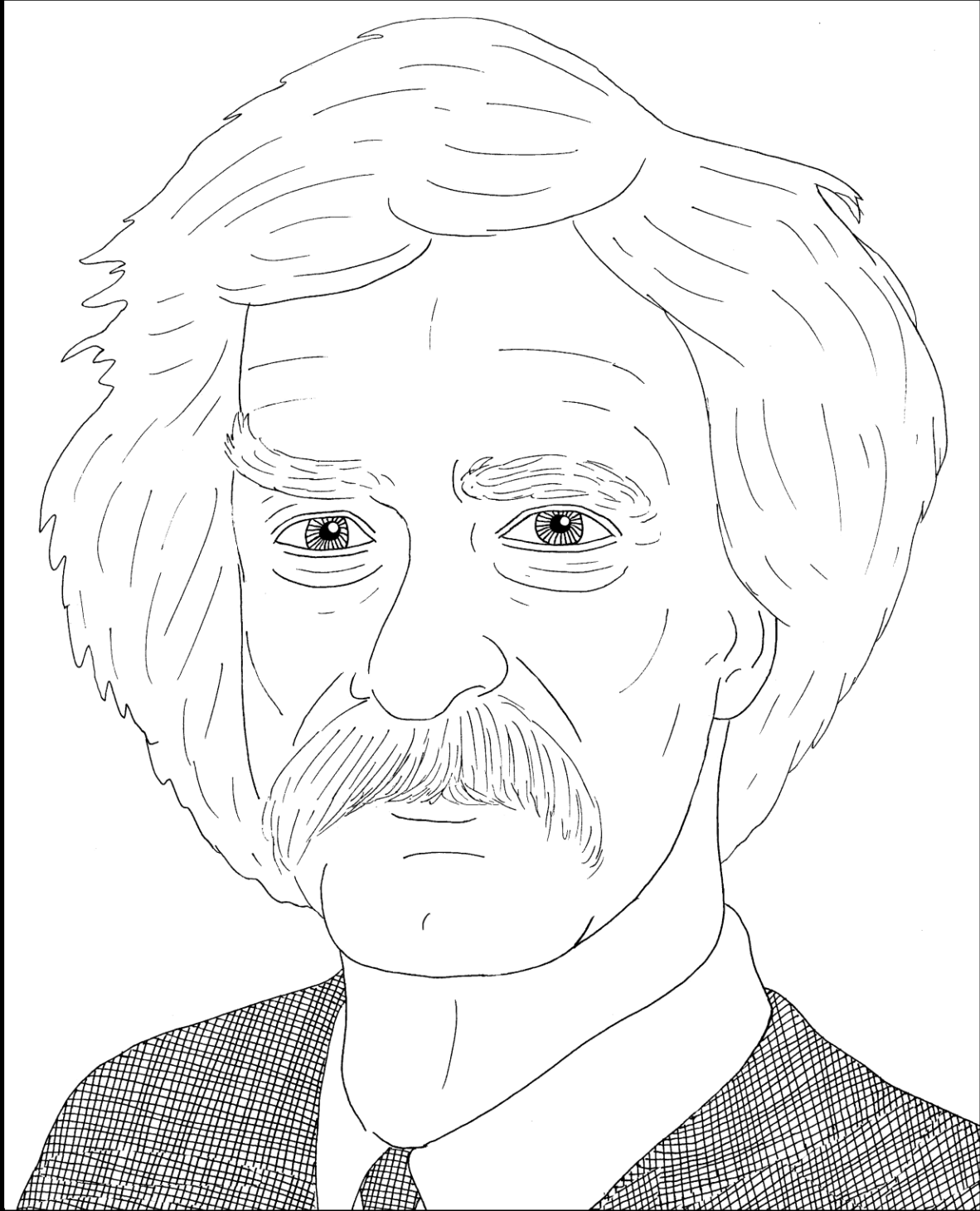
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