

Celebrate a Fresh Start Make Your New Year Smokefree!

A new CDC feature article encourages people to make their New Year smokefree. Quitting smoking is one of the most important steps you can take to improve your health. This is true no matter how old you are or how long you have smoked. There are proven treatments that can help you quit. The article highlights counseling and quit-smoking medicines to help you quit smoking for good. It includes information about the benefits of quitting smoking and treatments and free resources available to help (1-800-QUIT-NOW).

https://www.cdc.gov/tobacco/tobacco-features/new-year.html?s_cid=OSH_email_E628



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