



If you're over 45 years old and still smoking,



go out and buy a very comfortable armchair.



One you won't mind sitting in for 15 hours a day.

The longer you smoke, the greater your odds of suffering a major debilitating disease such as emphysema in your later years. Don't blow the years ahead, stop smoking now and give yourself the best possible chance for a healthier future. Ask about our *Fresh Start* courses which are a new proven way to help people quit. For more information, call the Cancer Helpline on 13 11 20.

**MAKE SMOKING
HISTORY**

