

**YOU MAY NOT REALIZE IT, BUT SMOKELESS
ISN'T AS INNOCENT AS TOBACCO COMPANIES
MAKE IT SOUND.**

Tobacco is dangerous and addictive in any form. From dip to snuff to strips, nicotine can be a deadly habit. The best way to fight it is to never start, and if you're already in its grips, now's the time to quit. Smokeless tobacco can cause cancer in as little as five years of regular use.

To learn more about the dangers of smokeless, visit **SmokelessIsntHarmless.com** or call 1-800-QUIT-NOW for help from a free Quit Coach and free medication to help you quit the spit.



STAMP OUT SMOKING
ARKANSAS DEPARTMENT OF HEALTH
1-800-QUIT-NOW

**SMOKELESS
ISN'T HARMLESS**

BUT IT IS:

**TOOTHLESS
CLUELESS
JAWLESS
DATELESS
TONGUELESS
FRIENDLESS
MINDLESS
RECKLESS
BRAINLESS
CARELESS
ENDLESS
FASHIONLESS
PENNILESS
SPEECHLESS
LIFELESS
LOVELESS
POINTLESS**

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