

# HOW I QUIT SMOKING WITH THE TOBACCO SUPPORT GROUP: A SUCCESS STORY



## Meet: Robert K.

TOBACCO  
SUPPORT  
GROUP

### About Robert:

"I'm 60 years old, married for 40 years, two grown sons who are both firefighters, 5 grandchildren and 1 dog. For fun my wife and I take day trips in Maine on the weekends. Employee of Bath Iron Works."

### Affects from Smoking

"Smoking cost me a lot over the years both money and friends. Health wise, I didn't sleep well and my blood pressure got high. My family would always ask me to quit."

### How Tobacco Support Group Helped

"Keith and the group were very supportive and still are. Even though I'm smoke-free, I still attend and am still encouraged to be smoke-free."

### Words of Wisdom

"It's not a "one size fits all" program. Don't give up and seek support wherever you can. It won't happen over night. Be strong."

Are you thinking about quitting or know someone who is? Check out the following resources:



1-800-207-1230

MAINE TOBACCO HELPLINE

Tobacco Support Group  
Every Thursday from 6pm -7pm  
St. Mary's Hospital  
99 Campus Ave, Lewiston

The group is free, open to the public and  
no preregistration is required

