

## ... from both ends!

## Don't hurt the ones you love.

The Cooper/Clayton Method to Stop Smoking can help you, or someone you know, stop smoking for good. For more information about a class near you, contact (facilitator name) Xxx-xxxx



- Secondhand smoke causes about 3,000 lung cancer deaths among non-smoking adults in the United States each year.
- In children, secondhand smoke causes severe bronchitis or pneumonia, an increased risk or a worsening of asthma, ear infections, eye and nose irritations, and Sudden Infant Death Syndrome (SIDS). Also, smoking during pregnancy can cause low birth weight.



The Cooper/Clayton Method to Stop Smoking is a free 13-week program made available to Kentuckians through the Kentucky Cancer Program and its partners.