

TIPS FROM  
FORMER  
SMOKERS

**“Over the years when I smoked, I never considered the effect that my smoking had on my family.”**

*Brian H., Tips® participant*



## Denise and Brian's story helped save lives. So can yours.

**CDC is recruiting participants to be featured in future *Tips From Former Smokers*® (*Tips*®) campaigns.** For ten years, the *Tips*® campaign has featured real stories of people negatively impacted by smoking or secondhand smoke exposure. Their stories have inspired more than 1 million people to successfully quit smoking.

If you are the family member and/or loved one who regularly

cares for a person who used to smoke cigarettes and who is living with a disease, such as cancer, COPD or another lung disease, heart disease, and/or stroke, we want to hear your stories. All applicants must have been tobacco-free for at least 6 months.

If you and your loved one would like to share the story of how your lives have changed because of a smoking-related disease, please respond by May 28th, 2021.

[joinCDCtips.org](https://joinCDCtips.org) | [contactus@joinCDCtips.org](mailto:contactus@joinCDCtips.org) | **1 (844) 4-TIPS-NOW**  
1 (844) 484-7766

