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## 2016 - Rebecca's Tip (:30)

### A TIP FROM A FORMER SMOKER

#### Rebecca's Voice:

My name is Rebecca, I struggled with depression for years I also smoked, that was my world. Finally, I realized that smoking wasn't helping me; it was making my life worse. So, I took control and I quit. Now, I am able to run again and take walks with my grandkids. My tip is, there is another world out there and it's a beautiful place to be.

#### Announcer:

YOU CAN QUIT, for free help, call 1-800-QUIT-NOW.

A message from the Centers for Disease Control and Prevention.