



**“Smoking made  
me less of a man.”**

Cigarettes took away my dignity.  
I can't do the things a man is supposed to do anymore.

Quitting is *easier* when you know how.

 [www.infosihat.gov.my](http://www.infosihat.gov.my)  Infoline: 03-8889 4876, 03-8883 4176

**Tak nak!  
Merokok!**