



## Their stories saved 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 used to smoke cigarettes and are living with a disease, such as cancer, COPD or another lung disease, heart disease, and/or stroke, we want to hear your story. We're also seeking

people who used to smoke who have a mental health condition such as depression or anxiety that might have improved due, in part, to quitting smoking. All applicants must have been tobacco-free for at least 6 months.

If you'd like to share the story of how your life has changed because of a smoking-related disease, please respond by May 14th, 2021 by emailing [contactus@joinCDCtips.org](mailto:contactus@joinCDCtips.org), calling 1 (844) 4-TIPS-NOW, or visiting [joinCDCtips.org](http://joinCDCtips.org).



**Scan code with your phone's camera  
to visit [joinCDCtips.org](http://joinCDCtips.org)**

