

A TIP FROM A
**FORMER
SMOKER**

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***I DACHXÁNX'I
YÁN YÍS AX'
YÉI INATÍ, TLÉL
SHX'EIDAS'EIGÍK***

Michael (Heen Yaa), Age 57
Alaska



Smoking gave Michael COPD, a disease that makes it harder and harder to breathe and can cause death. You can quit. For free help, call **1-800-QUIT-NOW**.

Developed by the Centers for Disease Control and Prevention

#CDCTips



Partnership for a
Tobacco-Free Southeast