



SMOKING IS FATAL

STOP IT TOTALLY! NOW!!



A lot of people smoke because they believe it relaxes and refreshes.
But they may not be aware that :

- ☛ One third of all deaths in the age group 35 to 69 are attributed to smoking related diseases.
 - ☛ One cigarette reduces life span by five minutes.
 - ☛ Tobacco smoking & chewing cause hypertension, coronary heart diseases and cancer.
 - ☛ One trial puff could lead to smoking 30 to 40 cigarettes a day.
 - ☛ Smoking burns your lungs and blocks artery.
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*Let us join the battle against tobacco.
Promote smoke-free & tobacco-free world.*

