



Make a New Year's Resolution Quit Smoking!



Did you know...

Within 20 minutes of quitting smoking your lungs and airways begin to heal and your blood pressure and pulse return to normal.

Within eight hours of quitting smoking, the nicotine levels in your blood reduces by 50 percent, and your oxygen levels return to normal?

Four hours after quitting smoking, your lungs begin clearing out mucus and other smoking debris?

*Need help with that resolution?
Somerset Hospital offers
free smoking cessation programs.
Call 443-5735.*

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**DEPARTMENT OF
HEALTH**

