

A photograph of an older couple hiking outdoors. The woman on the left is wearing glasses and a plaid shirt, smiling broadly. The man on the right is wearing sunglasses and a plaid shirt, also smiling. Both are wearing backpacks. The background is a soft-focus landscape.

Don't Just Survive —  
Really **Live**

# MORE GOOD YEARS

Quitting can be the difference between quality time with your family and missing out to catch your breath. Enjoy your years really living. Kicking a tobacco addiction isn't easy, but it'll be worth it!

With South Dakota QuitLine, choose from 3 FREE ways to put out your last cigarette, let the vape pen die and close that tin for good. Leave tobacco in the past, and **live more good years.**

**1-866-SD-QUITS**



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