



# Don't Miss Out on Life's Big Moments

Quit Smoking, Vaping or Chewing Tobacco



Learn how to quit at [MoreGoodYears.org](https://www.moregoodyears.org).

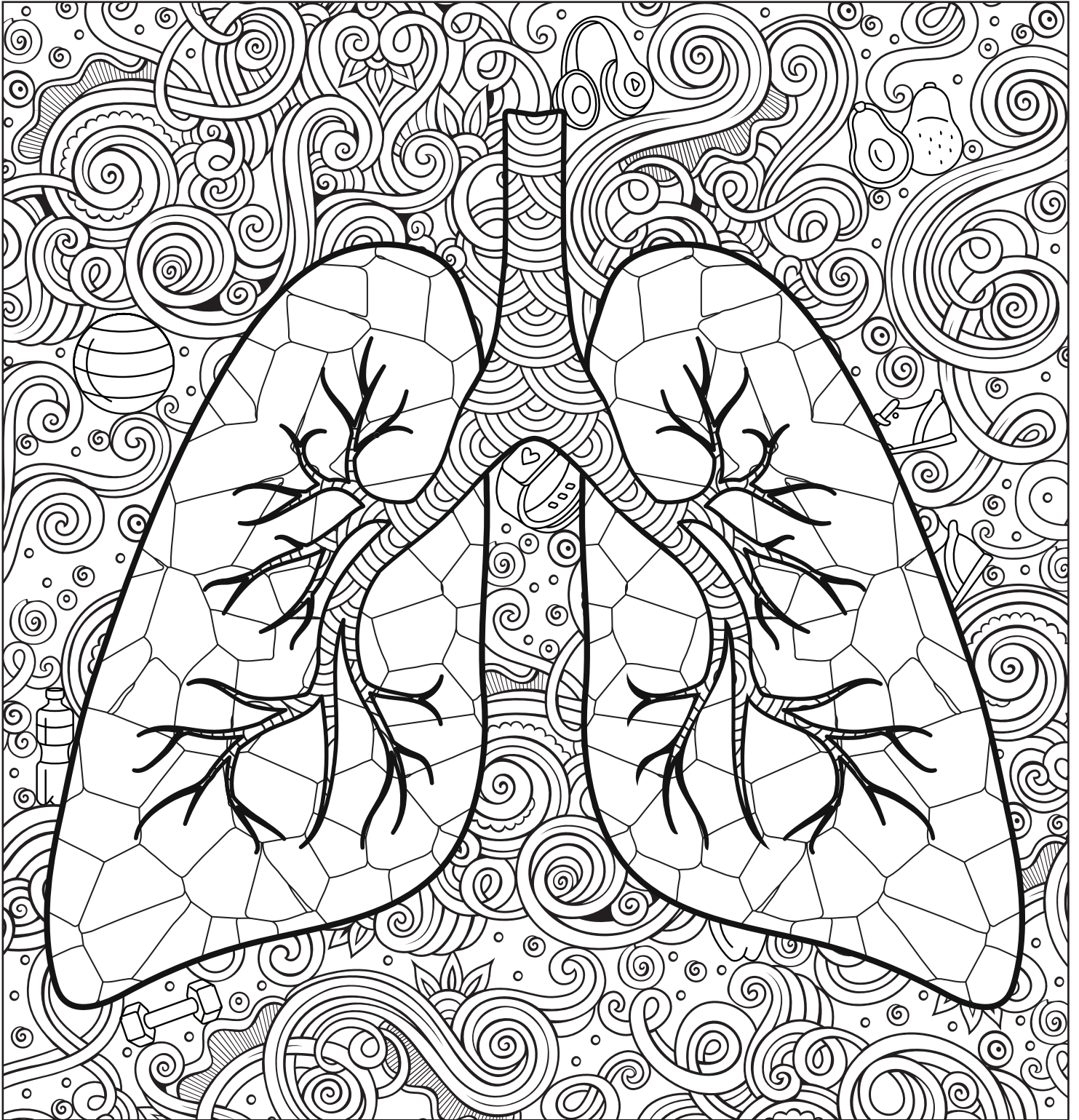
*Paid for by the South Dakota Department of Health.*





# Live More GOOD Years

Get back on track for a better life. Set yourself up for more good years of playing with your kids or grandkids — without feeling winded. Leave your addiction in the past.



**Fact:** Using tobacco can cause many kinds of lung disease, including COPD and lung cancer.

Learn how to quit at [MoreGoodYears.org](http://MoreGoodYears.org).

*Paid for by the South Dakota Department of Health.  
Source: CDC*







# Don't Just Survive — Really Live

**Live More Good Years.**

Enjoy your years really living. Kicking a tobacco addiction isn't easy, but it'll be worth it! With South Dakota QuitLine, choose from 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.



Learn how to quit at [MoreGoodYears.org](http://MoreGoodYears.org).

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