



Start Increasing Your Savings Today!

The average cost of a pack of cigarettes is \$6.36. As a pack-per-day smoker, here is how much smoking is costing you:

• 1 Week	\$44.52	• 1 Year	\$2,321.40
• 1 Month	\$190.80	• 5 Years	\$11,607.00
• 6 Months	\$1,160.00	• 10 Years	\$23,214.00

Let us help you put money in your pocket and improve your health! Contact your GuidanceResources program today or go online to guidanceresources.com for free resources, tips and strategies to help you on your journey to quitting.

Here when you need us.

Call: 866-301-0313

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Online: guidanceresources.com

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