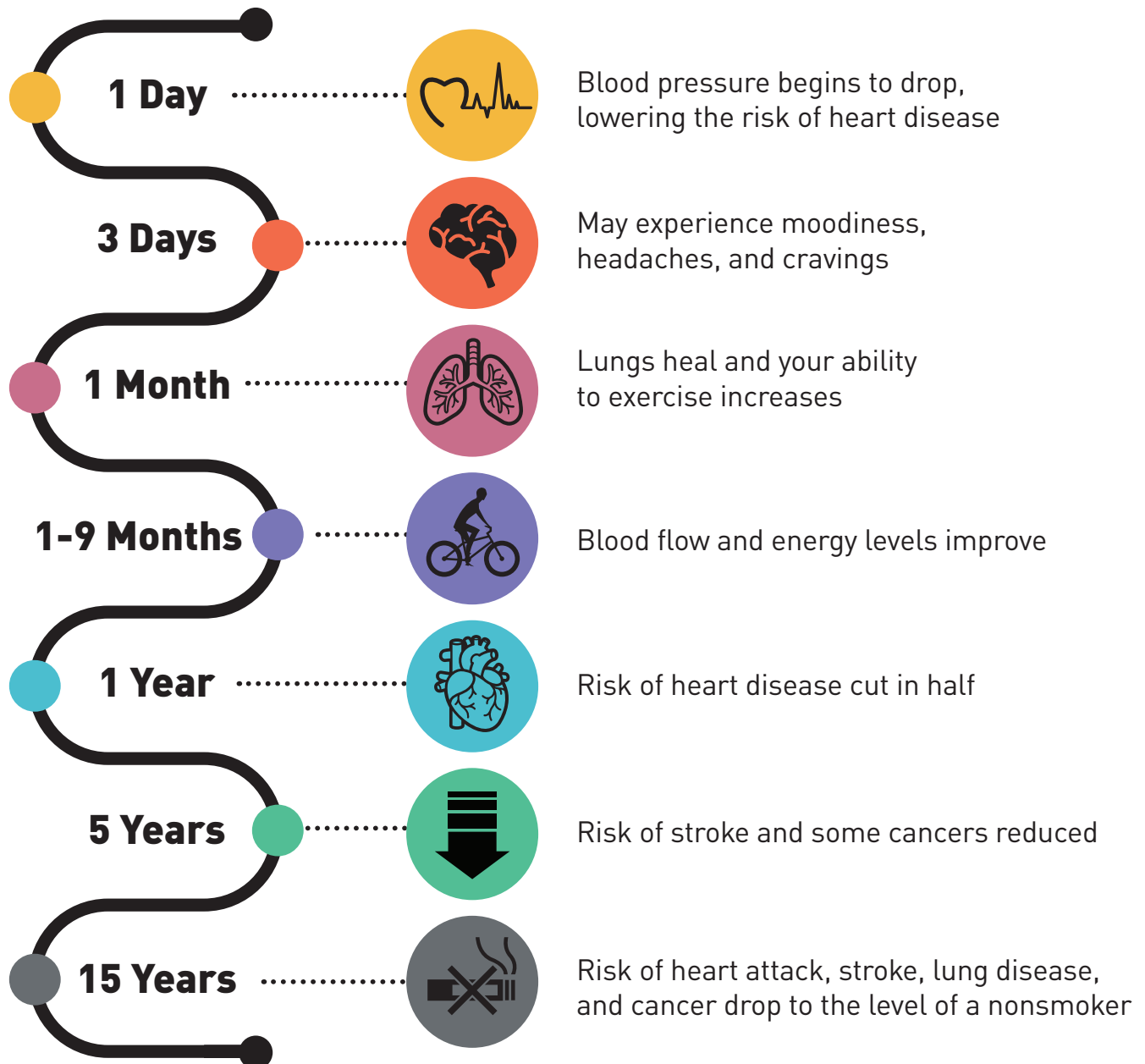


# What Happens When YOU QUIT SMOKING?

It's never too late to quit smoking. As soon as you quit, your body begins to repair the damage caused by smoking. Here's what happens after you stop.



#### References

1. Fletcher J. What happens after you quit smoking? a timeline. *Medical News Today*. Reviewed June 16, 2017. Accessed August 28, 2018.
2. Benefits of quitting smoking over time. *American Cancer Society*. Reviewed September 9, 2016. Accessed August 28, 2018.