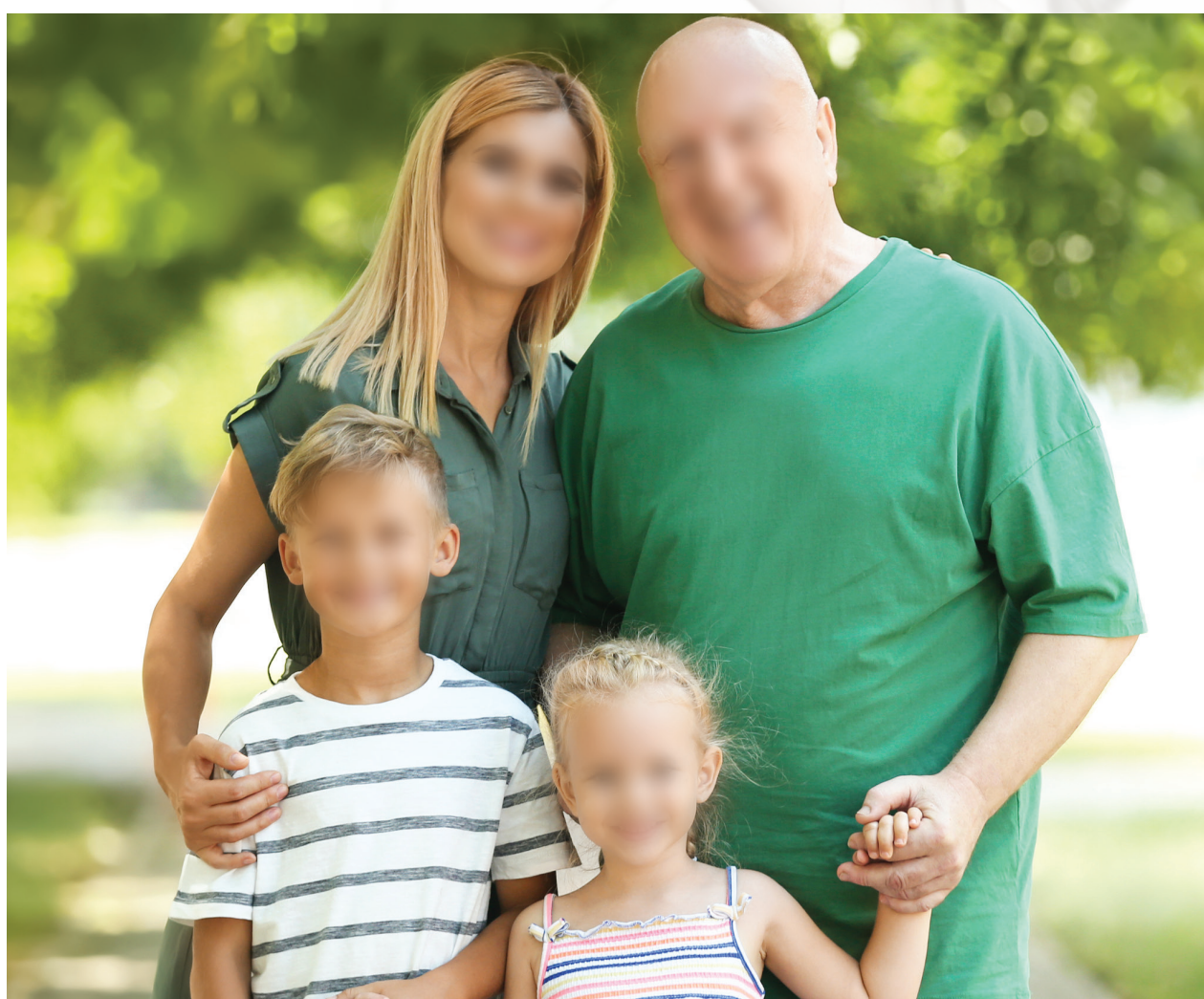


**Cigarette smoking has been linked to so many health risks.** Now there's one more. Recent research indicates that smoking can increase the risk of Alzheimer's disease and other dementias as much as 50%. But there is encouraging news. **Smokers who sign up for the free MAINE QITLINK program are 2-3 times more likely to quit.** You don't have to go it alone.



# DON'T LET SMOKING STEAL YOUR MEMORIES

QUITLINK has all the tools to help you stop smoking — with no pressure and no putdowns. You can do this, especially when you work with experts who can help. Learn more today online, by phone, or simply by discussing it with your doctor or **local community health center**. Your health — and your memories — are too important to risk losing.



Scan this QR code with your smartphone for more.

