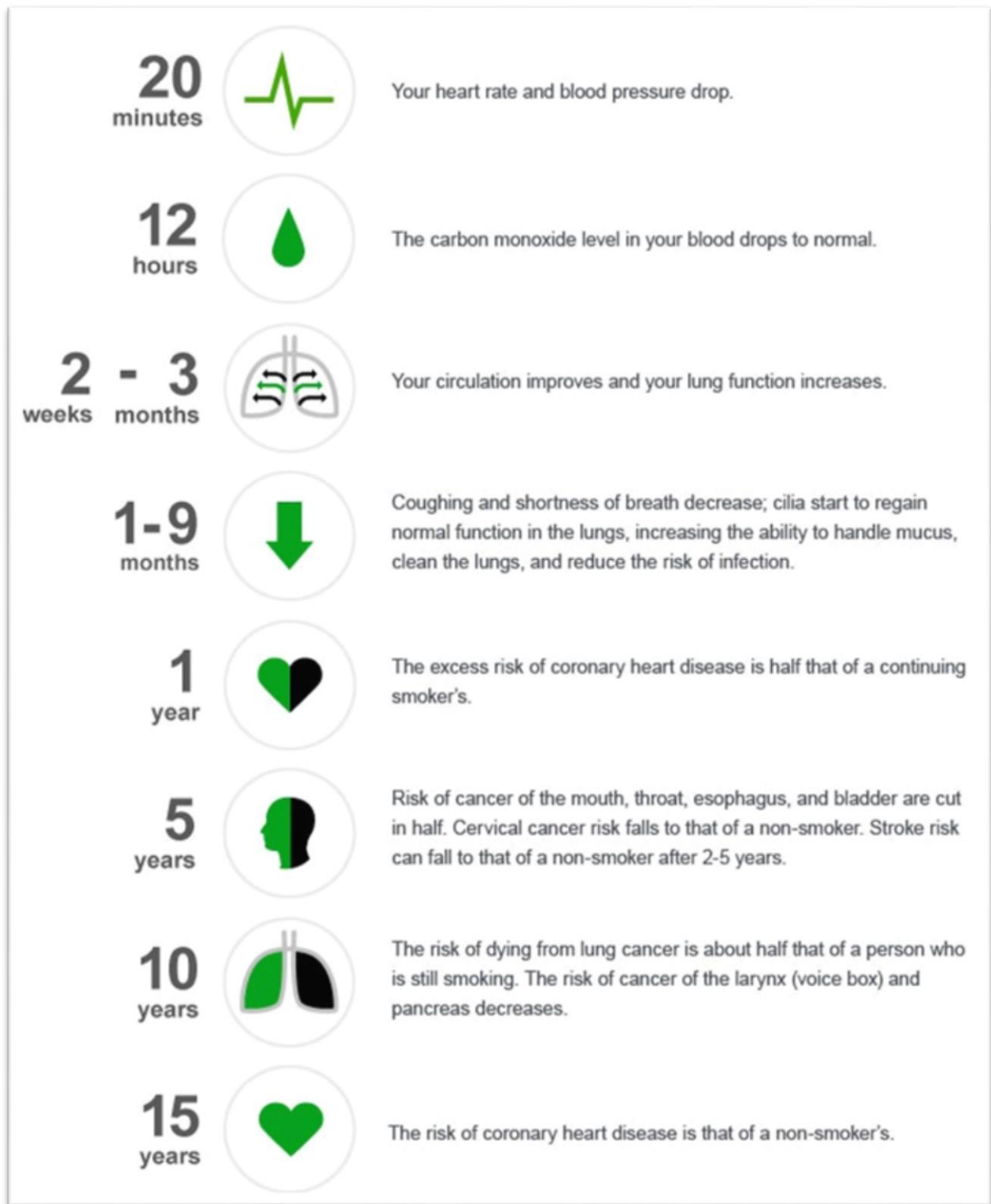


# HOW YOUR BODY RECOVERS AFTER YOU STOP SMOKING CIGARETTES



If you're interested in quitting, learn about free programs, apps, text messaging services and more at [wellness.truman.edu](http://wellness.truman.edu)