



Tips from Gretzky

Applying Wayne's Thoughts to Reducing and Quitting Smoking

"I skate to where the puck is going to be, not where it has been."

You're looking to where the puck will be - to the day when you'll be smoking less or not at all.

"I wasn't naturally gifted in terms of size and speed; everything I did in hockey I worked hard for."

"I miss 100% of the shots I don't take."

And this is the shot that you want to take, because you're here tonight.

For some of you, this will be hard work but well worth the reward.

What's Your Shot?



*When you can, change your routine,
and eliminate at least one cigarette
each day*

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