

How much cash will you save if you stop smoking?

For a pack-a-day smoker, stopping smoking could mean an extra:

\$189
a week



Clothes



Looking after your pets



Groceries for the family

\$756
a month



A tablet or smartphone



A relaxing holiday



Gym membership for a year

\$9,855
a year



Six months' rent



Enrol in a course



A second-hand car

Quitline 13 7848

quit.org.au

