

B	I	N	G	O
Risk for Cancers	12 Steps	Fellowship	Nicotine withdrawal	Nicotine cravings
Deep Breathing	Recovery support	Nicotine patch	Accountability	Nicotine triggers
Quit date	Step work	FREE	Cardiovascular Risks	Lung Health
Meetings	One day at a time	Nicotine addiction	Life Expectancy	Nicotine gum
Financial Strain	Cravings management	Nicotine replacement therapy	Support groups	Distractions

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Step work	Accountability	Nicotine withdrawal	Deep Breathing	Nicotine patch
Fellowship	Support groups	Nicotine cravings	Cravings management	Nicotine triggers
Meetings	Cardiovascular Risks	FREE	Lung Health	12 Steps
Life Expectancy	Nicotine replacement therapy	Risk for Cancers	Distractions	One day at a time
Nicotine addiction	Nicotine gum	Quit date	Recovery support	Financial Strain

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Cravings management	Nicotine replacement therapy	Accountability	Nicotine gum	Cardiovascular Risks
Risk for Cancers	Meetings	Nicotine addiction	Recovery support	Nicotine cravings
Quit date	Distractions	FREE	One day at a time	Life Expectancy
Step work	Nicotine triggers	Nicotine withdrawal	Support groups	Fellowship
Lung Health	12 Steps	Nicotine patch	Deep Breathing	Financial Strain