



Fran quit smoking so she can dance at her grandkids weddings.

**Dancing away from cigarettes** – For Huntsville resident Fran Murdy the thought of giving up dancing helped her step up her efforts to quit smoking for good.

She had tried to quit a few times during the 41 years that she smoked, but somehow she always ended up starting again.

It was a diagnosis of COPD, a lung disease that makes it difficult to breathe, that started her on her journey to quit for good. She said seeing pictures of other people with COPD who had to be on oxygen 24/7 scared her.

She managed to cut back to less than 10 cigarettes a day from almost two packs. But she struggled with quitting altogether until it got so difficult to breathe, she couldn't walk to the neighbour's house, never mind go out dancing, something she loved to do.

Literally sick and tired of trading her health for tobacco, she went to the pharmacist for quit smoking medication and on May 18, five years ago, she had her last cigarette. Today she says she still has trouble breathing, but can once again go out with friends and dance. She also walks the track at the Huntsville Summit Centre, something she didn't know if she would ever be able to do again.

Her quit tip – “take it slowly, one day at a time, one month at a time. If I could do it, you can do it.”



***Need help to get started on your quit journey? Call Health Connection weekdays 8:30 a.m. – 4:30 p.m.  
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