

**802
QUITS**

**URASHOBORA
GUHEBA.
TURASHOBORA
GUFASHA.**

*802Quits ni igisata ca Vermont
kijewe amagara yabantu.*

Kunywa ibiyayuramutwe bifise ingaruka mbi ku bihimba vyose vy'umubiri

*kandi bishobora gutera indwara z'umutima, cancer
y'amahaha, asima n'indwara z'igisukari.*

802Quits, igisata c'ivyo kumenya kw'itabi muri Vermont, gitanga impanuro, ibikoresho, hamwe n'uburyo bwihariye vyo kugufasha guheba itabi ry'ubwoko bwose kandi kubuntu. Ushobora kandi kuronka kubuntu ibisubirira nicotine nk'ama jojo, ibinini canke uturemo. Iryo navyo iyo bifatanije n'impanuro vyongereza amahirwe yo kuriheba.

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Gusigurirwa mu rurimi rwawe
**KUBUNTU ivyerekeye guheba
ibiyayuramutwe hamwe
n'ayandi matabi.**



Menya vyinshi kvyerekeye uburyo bwihariye
bwo kuvura ibiyayuramutwe hamwe n'amakarata
nshirukabute.

Umwidondoro wawe uzogumizwa mw'ibanga.

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