



My name is Isobel Bradshaw.

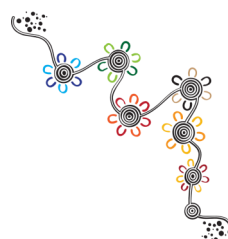
I had my first smoke when I was 18 years old and I did it because my family and friends were smoking.

I'm proud to say I quit smoking 9 years ago and I'm still going strong. I kept asking myself 'Why?' did I smoke. If I could turn back time, I would never of smoked.

I didn't realise until I gave up smoking, how much it stinks. Its **DISGUSTING**. We also have to think about the next generation, our jarjums. We need to be role models for them and encourage them to live healthy lifestyles. The money that you save as well can be used on yourself or your family.



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