

Reader's story

I quit smoking

My name is Mine. I am from Turkey. I was a nurse in my country. I am married. I don't have children.



I came to Canada on May 10, 2006. I go to NorQuest College.

My story is that I gave up smoking. My life was difficult in Turkey. I started smoking in 2002. I was smoking one package a day. I didn't like it because it wasn't good for my health.

Then I came to Canada, and my life is better now. I decided to give up smoking on August 11, 2006. I am very happy and healthy now.

—*Mine Cetin, Edmonton*

Photo: Milorad Zivkovic

