

Message 1: Your Kids Do What You Do



Children who grow up with parents who smoke **are more likely to become smokers themselves.**

You already show your kids how to work hard, how to build things in life. Now it's time to show them the most important thing: how to take care of themselves.

Quit smoking for your children. They will follow your lead.

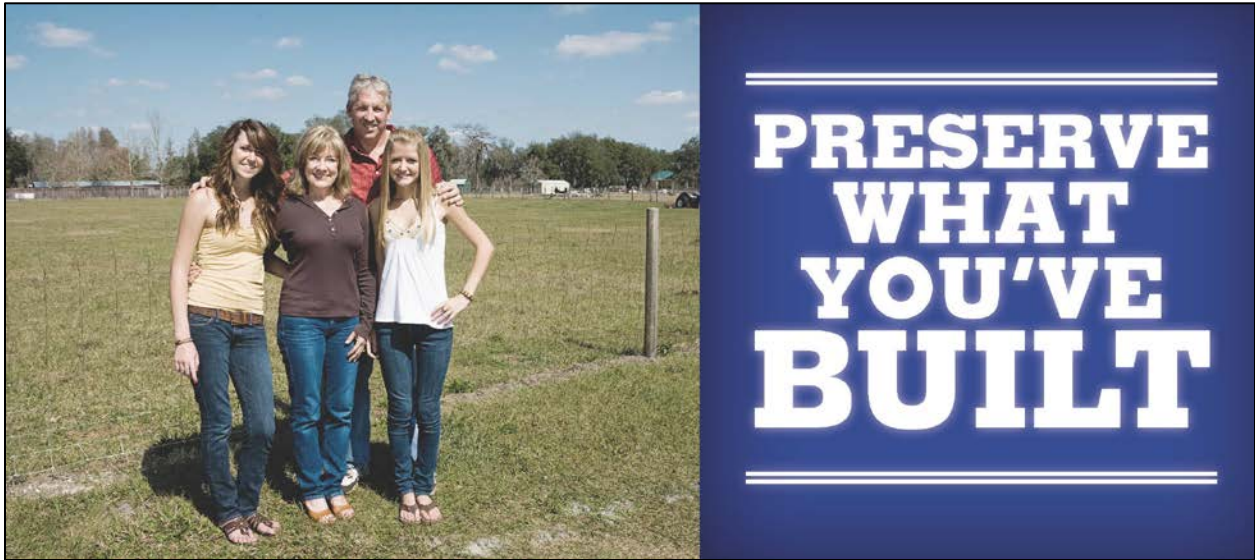
Call Trestle Tree® at 866-856-4632 to talk to a coach.



carpenters' benefit plans
HEALTH & RETIREMENT SERVICES

Text Message: Do it for your children, (name) -- Quit smoking. Call Trestle Tree at 866-856-4632 to talk to a coach.

Message 2: Preserve What You've Built



You know what it takes to build the most important things you have today: **your career, your family, your life.**



Your hard work has made strong buildings and a strong family. Take care of what you've built by **quitting smoking.** It can save your life — and what you cherish the most.

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HEALTH & RETIREMENT SERVICES

Text Message: Preserve what you've built, (name) -- Quit smoking. Call Trestle Tree at 866-856-4632 to talk to a coach.

Message 3: Double Trouble



If you **smoke** and work with **toxic dust**, the math is easy:

- If you smoke, your risk of lung cancer is **11 times higher** than people who don't smoke.
- If your work exposes you to toxic dust, your risk of lung disease is **4 times higher**.
- **If you smoke AND work with toxic dust, your risk of lung disease is at least 50 times higher.**

Call Trestle Tree® at **866-856-4632** to talk to a coach.



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Text Message: Smoke + Dust = Double Trouble, (name) -- Quit smoking. Call Trestle Tree at 866-856-4632 to talk to a coach.

Message 4: Grown Up Yet?



**GROWN
UP YET?**

You're not the same person you were when you were 18.
Your priorities have changed
(and maybe your body, too).
Family is more important now,
and you've built a career.



Quitting smoking
is another important step.

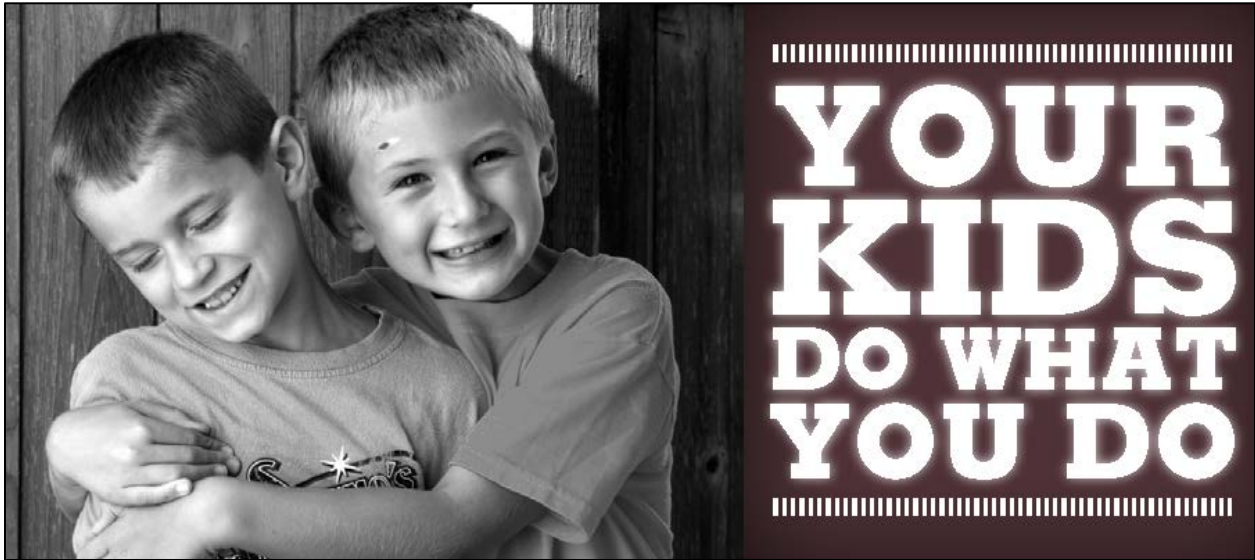
Quitting shows you know what's really important in life.

**Call Trestle Tree® at
866-856-4632**
to talk to a coach.



Text Message: Grow up, (name) - Quit smoking. Call Trestle Tree at 866-856-4632 to talk to a coach.

Message 5: Your Kids Do What You Do



Children who grow up
with parents who smoke
**are more likely to become
smokers themselves.**



You already show your kids
how to work hard, how to
build things in life.
Now it's time to show them the
most important thing: how to
take care of themselves.

Quit smoking
for your children.
They will follow your lead.

**Call Trestle Tree® at
866-856-4632**
to talk to a coach.



Text Message: Do it for your children, (name) -- Quit smoking. Call Trestle Tree at 866-856-4632 to talk to a coach.

Message 6: Preserve What You've Built



You know what it takes to build the most important things you have today: **your career, your family, your life.**



Your hard work has made strong buildings and a strong family.

Take care of what you've built by **quitting smoking.** It can save your life — and what you cherish the most.

Call Trestle Tree® at 866-856-4632 to talk to a coach.



Text Message: Preserve what you've built, (name) - Quit smoking. Call Trestle Tree at 866-856-4632 to talk to a coach.