

# Tired of Smoking

**Are you tired of standing outside taking a smoke when it's pouring down rain or when it's blistering hot or freezing cold? Are you tired of standing outside the restaurant while everyone else is still enjoying their meal? Are you tired of smelling like smoke and paying through the nose for cigarettes?**



**It's time to quit along with 45.7 million adults in the U.S. who are former smokers. They did it, you can too.**

**Talk to your VA provider today about what works to help you quit smoking and stay quit. We can help.**