



THE TIME IS NOW

JOIN THE THOUSANDS OF AMERICANS
WHO QUIT SMOKING EACH YEAR DURING
THE GREAT AMERICAN SMOKEOUT.

No matter how long you've been smoking,
it's never too late to quit.

In fact, quitting smoking is one of the best things you
can do for your health—at any point in your life.

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Let us give you the tools you need to succeed. Ask your
provider how VA can help you quit for good this November.

www.publichealth.va.gov/smoking/quit_smoking.asp



Department of
Veterans Affairs



Public Health
Strategic Health Care Group

★ THE GREAT AMERICAN ★
SMOKEOUT
QUIT FOR A DAY. QUIT FOR LIFE.

Department of Veterans Affairs