

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.



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



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CPH Clinical Public Health

★ THE GREAT AMERICAN ★
SMOKEOUT
QUIT FOR A DAY. QUIT FOR LIFE.
Department of Veterans Affairs