

# WHAT COULD YOU SAVE IF YOU QUIT SMOKING?



In a day, enough to buy a book.

In a week, enough for dinner and a movie for two.

In a month, enough for four tickets to an amusement park.

In a year, enough to go on a nice family vacation.

In five years, enough for a motorcycle or used car.

In ten years, enough for a down payment on a house.

**Most importantly, your life.**

Want help quitting? Talk with your VA health care provider today  
about programs that work.

Based on smoking a pack a day at an average price of \$6.50/pack.