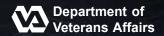
## Quitting Smoking

may be one of the hardest things that you ever have to do...

but...
you don't have
to do it alone.

Ask your health care provider today about getting advice on how to quit, getting medication to improve your chances of quitting, or for a referral to a VA smoking cessation clinic.

**SEPTEMBER 2006** 



LOCAL CONTACT INFORMATION: