

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





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

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