

# Welcome



You've taken a first step  
for healthier lives for  
you and your family.

# Welcome



You've taken a first step  
for healthier lives for  
you and your family.

# Welcome



You've taken a first step  
for healthier lives for  
you and your family.



Call the quitline today  
to talk to experts will  
**help you quit.**



Call the quitline today  
to talk to experts will  
**help you quit.**



Call the quitline today  
to talk to experts will  
**help you quit.**

Tobacco treatment specialists are available to help you quit smoking today.

Call your local quitline directly for help.

**You can quit.**

**CEASE**

1-800-QUIT-NOW  
1-800-784-8669

[www.ceasetobacco.org](http://www.ceasetobacco.org)  
[www.vahealth.org/cdpc/tobaccouse/quitline.asp](http://www.vahealth.org/cdpc/tobaccouse/quitline.asp)

**Welcome**

Tobacco treatment specialists are available to help you quit smoking today.

Call your local quitline directly for help.

**You can quit.**

**CEASE**

1-800-QUIT-NOW  
1-800-784-8669

[www.ceasetobacco.org](http://www.ceasetobacco.org)  
[www.vahealth.org/cdpc/tobaccouse/quitline.asp](http://www.vahealth.org/cdpc/tobaccouse/quitline.asp)

**Welcome**

Tobacco treatment specialists are available to help you quit smoking today.

Call your local quitline directly for help.

**You can quit.**

**CEASE**

1-800-QUIT-NOW  
1-800-784-8669

[www.ceasetobacco.org](http://www.ceasetobacco.org)  
[www.vahealth.org/cdpc/tobaccouse/quitline.asp](http://www.vahealth.org/cdpc/tobaccouse/quitline.asp)

**Welcome**