

Call the Virginia Department of Health's Quit Now hotline to learn about local community resources and counseling services to help you stop smoking. Breathe easy, Virginia.

Tobacco User Quitline • 1-800-QUIT-NOW

QUIT NOW
VIRGINIA



A state law taking effect Dec. 1 eliminates smoking in restaurants to protect the health of employees and customers. Smoke-free air is good for all of us, everywhere and everyday.

Breathe easy, Va.
Enjoy our smoke-free environment