



# Great American Smokeout

Thursday, Nov. 21

## Quit Now Virginia!

Call a Quit Coach today for help and make a plan to quit tobacco for good!

**1-800-Quit Now**  
**QuitNow.net/Virginia**

For more information about the Great American Smokeout, visit [cancer.org/smokeout](http://cancer.org/smokeout)



[VDHLiveWell.com/tobacco](http://VDHLiveWell.com/tobacco)