

YOUR QUIT JOURNEY STARTS TODAY.

A personal coach is ready to help you stop smoking and vaping.



It's Your Call. TAKE ACTION NOW.

Reach out for all the help you need to stop smoking — with no judgment. The program is free, and the quit coach is focused on you. Whether you smoke cigarettes, cigars or e-cigarettes, vape or use snuff, Quit Now Virginia will help you stop.

Work with a coach one-on-one, either by phone, text, or chat. Or join an online video group session with other participants. Any way you choose to connect, you and the coach will work out a strategy that considers your issues, lifestyle, and goals. Your plan to quit smoking will work because that quit plan is customized just for you.

Whatever you need, with Quit Now Virginia, it's helpful and it's free.



VDH VIRGINIA
DEPARTMENT
OF HEALTH
Tobacco Control Program

**Call 1-800-Quit Now
(1-800-784-8669)**

**Connect online at
QuitNowVirginia.org**

**Text READY
to 34191**

Quit Now
Virginia
Tobacco and Nicotine Quit Services