

Is your money going up in smoke?

Smoking a pack of cigarettes a day can burn through **\$293** a month. That's **\$3,515** a year, or enough for a vacation for two.

And tobacco hurts more than just your wallet.

Smoking harms nearly every organ of the body. It causes cancer, heart disease, stroke, diabetes, arthritis, and erectile dysfunction.

Ready to quit now?



call **1-800-QuitNow** (1-800-784-8669)



text **"READY"** to **34191**



go online to **QuitNowVirginia.org**

Quit Now
Virginia

Tobacco and Nicotine Quit Services

VDH VIRGINIA
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