

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.^{**}

Free, confidential help is just a call, text, or click away. (see back for info)

^{*}Based on the average price of \$9.63 a pack. Source: tobaccofreekids.org

^{**}Source: Centers for Disease Control and Prevention



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



text **"READY"** to **34191** go online



to **QuitNowVirginia.org**



Tobacco and Nicotine Quit Services



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