



**Great  
American  
Smokeout**  
Thursday, Nov. 15

**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](http://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)