

No matter how many times you've tried before - none or a hundred, you can recover from tobacco addiction.

One Day at a Time

Quit Now Virginia is ready to help

Set Yourself Free!

Quit Now Virginia offers unlimited calling, 24 hours/day, 7 days/week

Any Virginia resident age 13 and older is eligible for services.

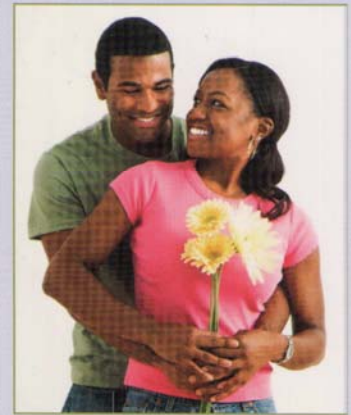
FREE ONLINE RESOURCES:

www.nicotine-anonymous.org
(free start-up kit, online meetings, books and pamphlets, and more)

www.smokefree.gov

www.becomeanex.org

Happy, Joyous and Free?



Ready to take the next step?

Trained Quit Coaches can help you be tobacco-free, too

1-800-QUIT NOW

(1-800-784-8669)

Free counseling

Free information on local programs

Free booklets

Call Today - We Can Help

