

IT'S YOUR TURN BECOME TOBACCO FREE



The decision to quit is a big one. It takes courage, commitment, and most of all support. Whatever your reason to quit, you don't have to do it alone. Let us help!

The benefits of quitting are often obvious but figuring out the best way to become and stay tobacco free is not. Classes can help you develop and follow through with a quit plan.

Are there medications available to help? Research has shown that using medicine may double your chances of success. Ask your VA provider if one might be right for you.

TOBACCO FREE CLASSES

Who: All Veterans (supportive family welcome to attend)

What: Four consecutive 1 hour classes to help you quit

When: Thursdays, 2-3 PM (new groups start each month)

Where: All classes are broadcasted using videoconferencing to the following CBOC locations: **Monticello, Goshen, Pine Plains, & Carmel** – **Additional CBOCs can be added upon request**

Why: The better question is "why not", it's free!

To enroll in the group, ask your primary care team to schedule you an appointment or call 914.737.4400 ext. 2870 to speak with Dr. Stern.



VA HEALTH CARE | Defining **EXCELLENCE** in the 21st Century