

**YOU CAN QUIT 2**

**MAKE YOUR FUTURE  
TOBACCO FREE**

**[www.ycq2.org](http://www.ycq2.org)**



# SMOKING CAN POWER YOU OFF

**POWER BACK ON WITH THE YOU CAN QUIT 2 CAMPAIGN**

**Quit smoking with helpful information and tools:**



**[Interactive Website](#)**



**[Support Locator](#)**



**[Quit Plan](#)**



U.S. Department of Defense



Defense Health Agency ®