

# MAKE YOUR FUTURE TOBACCO FREE.

Quitting tobacco doesn't happen overnight. It takes planning, support and most of all – drive and hard work. YouCanQuit2 is here every step of the way with interactive tools, tips and encouragement for Service members just like you. When you're ready, we have what you need to make your future tobacco free.

Visit <https://www.ycq2.org> today and learn how to get started.

**YOU  
CAN QUIT<sup>2</sup>**  
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TOBACCO FREE

[www.ycq2.org](https://www.ycq2.org)



U.S. Department of Defense