

# START YOUR HEALTHIER LIFE

## JOIN CDC'S OFFICE ON SMOKING AND HEALTH FOR A **30 TOBACCO FREE DAYS** Facebook Event

**NOVEMBER 1 – 30, 2018**

**Who:** Active military members, veterans, and their loved ones

**Where:** CDC Tobacco Free Facebook page - [www.facebook.com/cdctobaccofree/](http://www.facebook.com/cdctobaccofree/)

**Get tips and tools to help you quit tobacco for good!**



Go to the CDC Tobacco Free Facebook page and click on the 30 Tobacco Free Days Event [www.facebook.com/cdctobaccofree/](http://www.facebook.com/cdctobaccofree/)

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