



# Need Help Staying Quit?

Join our Tobacco Relapse Prevention Group

|           |    |    |    |    |    |    |        |
|-----------|----|----|----|----|----|----|--------|
| July      |    |    |    | 01 | 02 | 03 | 04     |
| 05        | 06 | 07 | 08 | 09 | 10 | 11 |        |
| 12        | 13 | 14 | 15 | 16 | 17 | 18 |        |
| 19        | 20 | 21 | 22 | 23 | 24 | 25 |        |
| 26        | 27 | 28 | 29 | 30 | 31 |    |        |
|           |    |    |    |    |    |    | August |
|           |    |    |    |    |    |    | 01     |
| 02        | 03 | 04 | 05 | 06 | 07 | 08 |        |
| 09        | 10 | 11 | 12 | 13 | 14 | 15 |        |
| 16        | 17 | 18 | 19 | 20 | 21 | 22 |        |
| 23        | 24 | 25 | 26 | 27 | 28 | 29 |        |
| 30        | 31 |    |    |    |    |    |        |
| September |    |    |    |    |    |    |        |
| 01        | 02 | 03 | 04 | 05 |    |    |        |
| 06        | 07 | 08 | 09 | 10 | 11 | 12 |        |
| 13        | 14 | 15 | 16 | 17 | 18 | 19 |        |
| 20        | 21 | 22 | 23 | 24 | 25 | 26 |        |
| 27        | 28 | 29 | 30 |    |    |    |        |
| September |    |    |    |    |    |    |        |
|           |    |    | 01 | 02 | 03 |    |        |
| 04        | 05 | 06 | 07 | 08 | 09 | 10 |        |
| 11        | 12 | 13 | 14 | 15 | 16 | 17 |        |
| 18        | 19 | 20 | 21 | 22 | 23 | 24 |        |
| 25        | 26 | 27 | 28 | 29 | 30 | 31 |        |

Every Wednesday at 5 p.m.

Bldg. 165, Room C209B

(2nd floor above Human Resources)

**No appointment needed**

*Meet other Veterans who have made the commitment to STAY QUIT and share experiences, challenges and solutions.*

Facilitated by our Health Psychologist Dr. Scott,  
562-826-8000, ext. 2915



**Veterans Health  
Administration**