

**Published on *SeniorNavigator* (<https://seniornavigator.org>)**

## **[You Can BREAKFREE from Tobacco](#)**

The Virginia Department of Health (VDH) Quit Now Virginia program has created a BREAKFREE guide to help you develop a plan to quit and prepare for what to expect, how to be successful and how to prevent relapse.

For more information:

[BREAKFREE](#)

[VDH Tobacco Free Living](#)

Address of content item

United States