



It takes a lot of  
mental and physical strength  
to be Army Strong.  
It's IMPORTANT FOR SOLDIERS  
TO TAKE THAT INTERNAL  
STRENGTH AND  
quit smoking.

— Colonel Paula K. Underwood  
Deputy Functional Proponent for Preventive Medicine  
Office of the Army Surgeon General

**QUIT TOBACCO.**  
make everyone proud

[www.ucanquit2.org](http://www.ucanquit2.org)

