



# Quit Now With The Butt Stops Here Online Tobacco Cessation Program

*The Butt Stops Here* is a seven-week, award-winning virtual program that can help you quit smoking or using any other tobacco products—all from the comfort and convenience of your home, or anywhere! Program materials include a workbook and a relaxation CD.

Simply call in to weekly group discussions with an MVP Health Care® program facilitator and other participants. If you have access to a computer, follow along with our webinars, too!

Once registered, a workbook and relaxation CD will be sent to your designated address. **To guarantee timely delivery of these materials, please register by Sunday, July 15.**



**Mondays, 12–1 pm  
July 16–August 27**

## Ready to Quit?

This is a free program offered to all MVP members, their coworkers, friends, and family.

