TAKE 24 HOURS

GO SPIT FREE

for 24 hours and join the Great American Spit-Out on February 24, 2011.

2BNICFREE can help you get started. 2BNICFREE is an online tobacco cessation program developed to help Army Families become tobacco free.

For more information about 2BNICFREE visit our website at **http://phc.amedd.army.mil.**