

## Junk Mail

It is possible to reduce the amount of unwanted (junk) mail you receive by using the following:

### VALASSIS

- Call 1-800-437-0479
- Go to their website at [www.valassis.com/about-us/contact-us.aspx](http://www.valassis.com/about-us/contact-us.aspx)

### VAL-PAK

- Call 1-800-499-0473
- Go to their website at [www.valpak.com/coupons/show/maillinglistsuppression](http://www.valpak.com/coupons/show/maillinglistsuppression)

### DMA CHOICE

- Go to their their website at [www.DMAchoice.org](http://www.DMAchoice.org)

In addition to the above, conducting an internet search for “how to get off mailing lists” or “junk mail” will give more options for stopping unwanted mail.

