

The Great American Smokeout on
the third Thursday in November.

You don't have to stop
smoking in one day.
Start with day one.



Quitting smoking isn't easy. It takes time. And a plan. Let the **Great American Smokeout**® event on the third Thursday in November be day one of your journey toward a smoke-free life.

**Learn more at cancer.org/smokeout
or call 1-800-227-2345.**