

- You Can Do It** - Strategies to help you get ready and be successful in your quit attempt.
- Call your American Cancer Society to quit.
 - Consider using nicotine replacement therapy products. Visit with your doctor or pharmacist for advice on what medications are best for you.
 - Enlist support or get help. Talk to your health care provider.
 - Don't keep your intention to quit a secret. Include your friends and family in your quitting process; they can offer much needed support.
 - Avoid places where smoking is permitted.
 - Quitting is hard, but don't give up. If quitting doesn't work the first time...keep trying.

1.800.ACS.2345
www.cancer.org

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Join the Great American Smokeout Third Thursday of November



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