



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

(Signature)

Quitting smoking isn't easy. It takes time. And a plan. Start your journey toward a smoke-free life on the third Thursday in November during the Great American Smokeout® event. Visit cancer.org/smokeout or call 1-800-227-2345 to learn more.

©2026 American Cancer Society, Inc. No. 0324.86



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

(Signature)

Quitting smoking isn't easy. It takes time. And a plan. Start your journey toward a smoke-free life on the third Thursday in November during the Great American Smokeout® event. Visit cancer.org/smokeout or call 1-800-227-2345 to learn more.

©2026 American Cancer Society, Inc. No. 0324.86



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

(Signature)

Quitting smoking isn't easy. It takes time. And a plan. Start your journey toward a smoke-free life on the third Thursday in November during the Great American Smokeout® event. Visit cancer.org/smokeout or call 1-800-227-2345 to learn more.

©2026 American Cancer Society, Inc. No. 0324.86



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

(Signature)

Quitting smoking isn't easy. It takes time. And a plan. Start your journey toward a smoke-free life on the third Thursday in November during the Great American Smokeout® event. Visit cancer.org/smokeout or call 1-800-227-2345 to learn more.

©2026 American Cancer Society, Inc. No. 0324.86



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

(Signature)

Quitting smoking isn't easy. It takes time. And a plan. Start your journey toward a smoke-free life on the third Thursday in November during the Great American Smokeout® event. Visit cancer.org/smokeout or call 1-800-227-2345 to learn more.

©2026 American Cancer Society, Inc. No. 0324.86



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

(Signature)

Quitting smoking isn't easy. It takes time. And a plan. Start your journey toward a smoke-free life on the third Thursday in November during the Great American Smokeout® event. Visit cancer.org/smokeout or call 1-800-227-2345 to learn more.

©2026 American Cancer Society, Inc. No. 0324.86



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

(Signature)

Quitting smoking isn't easy. It takes time. And a plan. Start your journey toward a smoke-free life on the third Thursday in November during the Great American Smokeout® event. Visit cancer.org/smokeout or call 1-800-227-2345 to learn more.

©2026 American Cancer Society, Inc. No. 0324.86



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

(Signature)

Quitting smoking isn't easy. It takes time. And a plan. Start your journey toward a smoke-free life on the third Thursday in November during the Great American Smokeout® event. Visit cancer.org/smokeout or call 1-800-227-2345 to learn more.

©2026 American Cancer Society, Inc. No. 0324.86