

American Cancer Society
Great American Smokeout®

You don't have to stop 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 November 19 during the Great American Smokeout event. **Visit cancer.org/smokeout or call 1-800-227-2345 to learn more.**

©2019, American Cancer Society, Inc. No. 012969

American Cancer Society
Great American Smokeout®

You don't have to stop 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 November 19 during the Great American Smokeout event. **Visit cancer.org/smokeout or call 1-800-227-2345 to learn more.**

©2019, American Cancer Society, Inc. No. 012969

American Cancer Society
Great American Smokeout®

You don't have to stop 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 November 19 during the Great American Smokeout event. **Visit cancer.org/smokeout or call 1-800-227-2345 to learn more.**

©2019, American Cancer Society, Inc. No. 012969

American Cancer Society
Great American Smokeout®

You don't have to stop 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 November 19 during the Great American Smokeout event. **Visit cancer.org/smokeout or call 1-800-227-2345 to learn more.**

©2019, American Cancer Society, Inc. No. 012969

American Cancer Society
Great American Smokeout®

You don't have to stop 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 November 19 during the Great American Smokeout event. **Visit cancer.org/smokeout or call 1-800-227-2345 to learn more.**

©2019, American Cancer Society, Inc. No. 012969

American Cancer Society
Great American Smokeout®

You don't have to stop 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 November 19 during the Great American Smokeout event. **Visit cancer.org/smokeout or call 1-800-227-2345 to learn more.**

©2019, American Cancer Society, Inc. No. 012969

American Cancer Society
Great American Smokeout®

You don't have to stop 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 November 19 during the Great American Smokeout event. **Visit cancer.org/smokeout or call 1-800-227-2345 to learn more.**

©2019, American Cancer Society, Inc. No. 012969

American Cancer Society
Great American Smokeout®

You don't have to stop 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 November 19 during the Great American Smokeout event. **Visit cancer.org/smokeout or call 1-800-227-2345 to learn more.**

©2019, American Cancer Society, Inc. No. 012969