



# **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. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout® event on the third Thursday in November be day one of your journey toward a smoke-free life. The American Cancer Society can help you access the resources and support you need to quit. Quitting starts here.

**Learn more at [cancer.org/smokeout](https://cancer.org/smokeout)  
or call 1-800-227-2345.**

