

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 the third Thursday in November during the Great American Smokeout event. Visit cancer.org/smokeout or call 1-800-227-2345 to learn more.

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