

**YOU DON'T HAVE TO  
STOP SMOKING  
IN ONE DAY.  
START WITH DAY ONE.**  
The Great American Smokeout®  
on the third Thursday in November

Quitting smoking isn't easy. It takes time. And a plan.  
Let the Great American Smokeout event on the third Thursday in  
November be day one of your journey toward a smoke-free life.

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

