



**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**
or call **1-800-227-2345**.

