



# 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**<sup>®</sup> event on the third Thursday in November be day one of your journey toward a smoke-free life. You'll be joining thousands of people across the country who smoke in taking an important step toward a healthier life and reducing your cancer risk. Plus, 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.**



**GREAT ★ AMERICAN  
SMOKEOUT<sup>®</sup>**