

QUIT LIKE A CHAMPION

Great American Smokeout[®]



Get ready to lose the habit, and become victorious over tobacco.

The American Cancer Society Great American Smokeout event is your chance to triumph over addiction. Every November, we set aside the third Thursday to encourage smokers to go the distance, and to finally give up smoking.

About 42 million Americans still smoke, and tobacco use remains the single largest preventable cause of disease and premature death in the United States.

So if you can quit for one day, you've taken an important step toward a healthier life. It's a race for your health, and it starts today.

Today's the day that quitters win.

Why Quit?

The health benefits begin the moment you stop smoking. Quitting at any age can give you back years of life that would be lost by continuing to smoke.

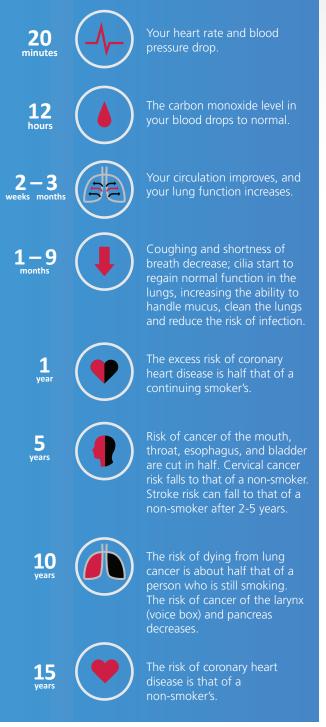
More Information about Quitting

Sure, it's hard to be a quitter, but with help, you can increase your chances of success.

The American Cancer Society can coach you through it, step by step, by providing quit-smoking programs, resources, and support that can increase your chances of quitting and staying quit.

To learn more, call us at **1-800-227-2345** or visit **cancer.org/smokeout** to find free tips and tools.

How does your body recover after quitting ...



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