

WHEN TRYING TO QUIT SMOKING, SUPPORT CAN MAKE ALL THE DIFFERENCE.



Quitting isn't easy. So make sure people know how much you support them every step of the way. On November 17, join others across the nation as they begin a tobacco-free life. The American Cancer Society is here to help anytime you or anyone else needs it. To find out more, visit cancer.org/smokeout or call us at 1-800-227-2345.