

Great American Smokeout[®]

Behavior Change

Thinking about quitting smoking?

Great American Smokeout[®] Health Improvement Challenge

Are you ready to look better, feel better, breathe easier, reduce your risk of cancer, and potentially increase the quality of your life? Yes? Great. You're ready to quit smoking!

Participate in the Great American Smokeout right here at work. More people quit smoking on this day than on any other day of the year. You and a smoke-free "buddy" are encouraged to sign up today. Buddies will help support smokers with this difficult behavior change throughout the day.

To register, contact _____ by _____.

