

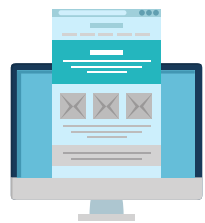
G R E A T ★ A M E R I C A N S M O K E O U T

NOVEMBER 19, 2020



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 Smoke Out be your day to start the journey toward a smoke-free life. You don't have to do it alone. Grab a friend, family member or coworker who also wants to quit and join thousands of people who smoke across the country in taking an important step toward a healthier life.

Looking for resources? Check out Tobacco Free for a Healthy NJ's [Great American Smoke Out](#) page for a variety of resources for coalitions, schools, merchants, parents, and more.



Utilize Social Media! Today in this virtual world, social media is an effective way to reach people and disseminate information. Post why being smoke free is important to you and encourage others to quit! #GreatAmericanSmokeOut

Attend this Facebook live lunch & learn event presented by the NJ Quitline. Just one day before the GASO, this Facebook Live Session will have Support & Resources for you to be more prepared to Help Smokers/Vapers Quit. [Join Here!](#)

Tobacco-Free FOR A HEALTHY NEW JERSEY & HELPING FAMILIES QUIT Present:

The GREAT AMERICAN SMOKEOUT cancer.org/smokeout American Cancer Society

A Facebook Live Lunch & Learn w/ Support & Resources To Help You Help Smokers/Vapers Quit + Q&A

THE GREAT



**QUITTING SMOKING ISN'T
EASY. BUT IT'S EASIER WITH
SUPPORT, AND A PLAN.**

AMERICAN

This November 19th, grab a friend, family member, or coworker who also wants to quit, and join the thousands across the country making a plan to start a tobacco-free life as part of The Great American Smokeout®.

**The more times you try, the more likely you are to quit for good.
Get 24/7 support and tips to stay quit at the NJquitline.org or
1-866-NJ-STOPS (1-866-657-8677)**

SMOKEOUT®