

## Thinking about Quitting Tobacco?

Come get some tips, FREE Quit kits and resources

## Have you Quit Tobacco or are you Tobacco Free?

Come share why and get a free t-shirt!

# GREAT AMERICAN SMOKEOUT

## NOVEMBER 18-20

Mon, Nov 18, 10:00-2:00 CSU, Mav Ave

Tues, Nov. 19, 10:00-2:00 Highland Center, near Myers Fieldhouse

Wed, Nov. 20, 11:00-1:00 Dining Center



Take the first step  
toward quitting!

Trade in your  
JUUL for a gift  
card!

Join thousands of people across  
the country who want to  
support and encourage those  
who smoke to take the first step  
towards a healthier life.

Quitting isn't easy. It takes  
time. And a plan. You don't  
have to stop smoking in one  
day. Start with day one.