



Kick Butts!

The American Cancer Society Great American Smokeout event is November 17, 2016. Tobacco use is the single biggest preventable cause of early death and disease in this country. PREVENTABLE. Now is your chance to finally quit with thousands of Americans all on the same day.

How can I get ready to quit tobacco?

- Carry items that keep your hands and mouth busy: Gum, sunflower seeds, hard candy, or a stress ball to squeeze.
- Find ways to distract yourself: Going on a walk, playing a game on your phone, or enjoying your favorite hobby can help take your mind off any cravings.
- Evaluate your habits related to your tobacco use. Create a list of changes you can make in your daily routine to help you stay quit.
- Try a nicotine replacement therapy such as nicotine gum, nicotine lozenges, or a nicotine patch to help manage your tobacco cravings.

Quitting tobacco is hard, but don't give up. Mark your calendar for November 17th to start a healthier life tobacco free!