

# GREAT AMERICAN SMOKEOUT

**Tobacco Free Tuesday Webinar!**

**October 22nd, 10am-12pm**

**REGISTER HERE**

**It's a great day  
to break up...**

*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 on November 21st, 2024 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.



**...with tobacco**

*Tobacco Free for Healthy NJ is providing resources to help you educate your community  
as well as direct them to cessation services. Join our webinar to learn more!*



**November 21, 2024**  
**#GASO2024**

