


Start a Healthy Habit: The Great American Smokeout

Each year, on the third Thursday of November, the American Cancer Society marks the Great American Smokeout. Your Employee Assistance Program encourages you to join in and make a plan to quit. By quitting — even for one day — smokers can take an important step towards a healthier life.



Tobacco use remains the single largest preventable cause of disease and premature death in the US. The Great American Smokeout challenges people to stop using tobacco, and helps inform smokers about the many tools they can use to quit and stay quit.

Research shows that smokers are most successful in kicking the habit when they have support, such as:

- Smoking-cessation hotlines
- Stop-smoking groups
- Counseling
- Nicotine replacement products
- Prescription medicine to lessen cravings
- Guide books
- Encouragement and support from friends and family members

Information courtesy of the American Cancer Society: www.cancer.org



Don't forget: your Employee Assistance Program is there to help you find the resources you need to make the commitment to a healthy non-smoking lifestyle!

800-451-1834