



# You Can Quit Smoking

## Remember to attend Beat the Pack.

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

### Still interested in going?

- Increase your chances of success in quitting smoking
- Get support from fellow employees
- Track your progress
- Be 1 of the 1.3 million Americans who quit smoking every year!<sup>1</sup>

For more information, contact:

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**Reference:**

1. Tobacco Research and Intervention Program. *Forever FREE™: A Guide To Remaining Smoke Free: An Overview*. 2000. <http://www.smokefree.gov/pubs/FF1.pdf>. Accessed March 23, 2008.