



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!¹

For more information, contact:

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.