



The Great American Smokeout

**Everyone
loves a
quitter!**



Make a plan to quit November 16th.

Informational tables will be set up at Hancock and Towerline on 11/16/17. The following free information and give away items will be available *while supplies last:

- 11 Ways to Deal with Stress without Smoking handout
- Coupons for quit smoking aids
- Information from the American Cancer Society

Hancock: 8:30-4:30*

Towerline: 8:30-4:30*

If you would like to quit and you are at another location, contact Mary at 272-7228 and she can send you the event materials via inter-office mail, while supplies last.



Wellness