



GREAT AMERICAN SMOKEOUT



The American Cancer Society sponsors the Great American Smokeout on the third Thursday of November (November 16, 2023), challenging smokers to give up cigarettes for 24 hours. Every year the Great American Smokeout draws attention to preventing deaths and chronic illnesses caused by smoking.

How to Celebrate Great American Smokeout



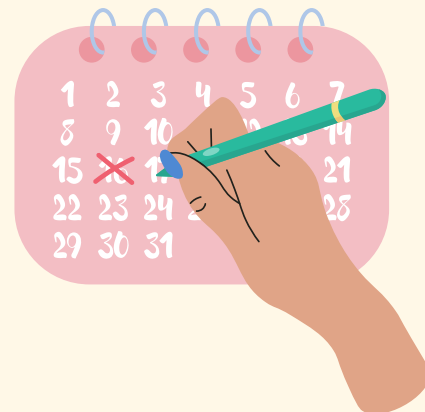
1 Set a quit date

Decide when you want to quit and make it official. Write it down, tell your friends and family, and commit to it.



2 Find Support

Talk to your doctor about quitting and ask for help from family and friends. Make an appointment with a quit coach, or join a support group.



3 Prepare for cravings

Find healthy snacks to help with cravings, like carrots, celery, nuts, or gum. Keep your hands busy with activities like knitting or playing video games.



4 Reward yourself

Set small rewards for yourself when you reach certain milestones. This could be a massage, a night out with friends, or any other treat that will motivate you.



5 Celebrate success!

Give yourself a big pat on the back when you reach your end goal. Celebrate with friends and family, and make sure to keep up the progress.

For more information on the Great American Smokeout, visit:

<https://www.cancer.org/cancer/risk-prevention/tobacco/great-american-smokeout.html>



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