

GREAT ★ AMERICAN SMOKEOUT

*Quitting smoking isn't easy. It takes time and a plan.
You don't have to stop smoking in one day. Start with day one.*

Let the Great American Smoke Out on November 18th, 2021 be your day to start the journey toward a smoke-free life. You don't have to do it alone. Grab a friend, family member or coworker who also wants to quit and join thousands of people who smoke across the country in taking an important step toward a healthier life.



*Scan here to learn
about GASO and
download materials*



*Scan here to for tobacco
cessation resources
in New Jersey*

The Great American Smokeout (GASO) is an annual event sponsored by the American Cancer Society (ACS). This event focuses on encouraging Americans to quit tobacco smoking. People are challenged to stop smoking for at least 24 hours as a first step in their quit journey.

Tobacco Free for Healthy NJ is providing resources to help you educate your community as well as direct them to cessation services.



November 18, 2021
#GASO2021

Tobacco-Free
FOR A HEALTHY NEW JERSEY
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