

You don't have to stop in one day. Start with day one.

The Great American Smokeout

The Great American Smokeout is an annual event that takes place on the third Thursday in November. Try to quit smoking for one day and start your journey toward a smoke-free life! We're here to help!

Join us for a FREE 30-minute virtual (online) smoking cessation coaching session, led by a trained facilitator, for the tips and resources you need to succeed.

Choose from the following coaching sessions:

- Wednesday, November 17th at 7pm
- Thursday, November 18th at 9am
- Thursday, November 18th at 12pm



No pre-registration. No commitment. No sales. Just help.

To join a session, please visit sphp.com/quitsmoking for the link



All participants will be eligible for raffle prizes provided by Empire Blue Cross.



Questions? Email us at: buttstopshereny@gmail.com

The Butt Stops Here is committed to participation by all regardless of age or disability. Please contact us if you require special accommodations to participate or even if you are unsure. We will do our best to meet those needs. Email us at: buttstopshereny@gmail.com

