

# Millions of smokers are going **tobacco free** on November 20th



Join others in taking the first step and try quitting, even if it's just for a day. Start on The Great American Smokeout®. It's all about breaking the cycle.

## We can help.

Thousands of tobacco users have already been helped using the North Carolina Tobacco Use Quit Line. **It's free. It's confidential. It works.**

Quit for a Day, Quit for Life.

**1.800.QUIT.NOW** (1.800.784.8669) | [www.quitlinenc.org](http://www.quitlinenc.org)

