

Great American Smokeout Thursday, November 19, 2020

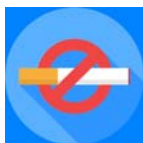


GREAT AMERICAN SMOKEOUT



Quit For Just One Day (Not Just for Smokers)!

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 Smokeout event on the third Thursday in November be your day to start your journey towards a smoke-free life. You'll be joining thousands of people who smoke across the country in taking an important step toward a healthier life and reducing your cancer risk. Plus, the American Cancer Society can help you access the resources and support you need to quit. The available services and support can double or triple your chances of success.



Benefits of Quitting Smoking—Timeline



Immediately...Your body begins to heal hours after you quit smoking.

In 2 weeks to 3 months...Your risk of heart attack begins to drop, and lung function begins to improve.

In 1 to 9 months...Your coughing and shortness of breath decreases.

In 1 year...Your heart attack risk drops sharply.

In 2 to 5 years...Your stroke risk is reduced to that of a non-smoker.

In 5 years...Your chance of cancer of the mouth, throat, esophagus, and bladder is cut in half.

In 10 years...Your lung cancer death rate is about half of a smoker, and your risk of cancer of the kidney and pancreas decreases.

In 15 years...Your risk of coronary heart disease is back to that of a non-smoker.

It all begins with one step on your first day!



3 FREE & EASY WAYS TO QUIT



Talk to a Quit Coach® who can help you quit tobacco.

1-877-U-CAN-NOW

1-877-822-6669

TTY/TDD 1-877-777-6534



Online help quitting tobacco is only a few clicks away.

tobaccofreeflorida.com/webcoach



Looking for local face-to-face help? Find classes near you.

tobaccofreeflorida.com/ahec

1-877-848-6696



QUIT YOUR WAY

FREE Virtual Tools to Quit Classes

November 2020



JOIN by calling **813-929-1000** to register.

Pre-registration is required!

You will be emailed a link to join by ZOOM conference via video or audio.



About the Class...

Tools to Quit Class will provide you with information about the effects of tobacco use, the benefits of quitting, and will assist you with developing your **OWN QUIT PLAN**. The cessation groups cover all forms of tobacco.

Benefits include:

Participant workbook and materials.
Nicotine replacement patches, gum, or lozenges.

More than doubles your chance of success!

Monday, November 9, 2020 | 6:00pm-8:00pm

Tuesday, November 10, 2020 | 10:00am-12:00pm

Thursday, November 12, 2020 | 1:00pm-3:00pm

Friday, November 13, 2020 | 12:00pm-2:00pm

Monday, November 16, 2020 | 6:00pm-8:00pm

Tuesday, November 17, 2020 | 10:00am-12:00pm

Wednesday, November 18, 2020 | 1:00pm-3:00pm

Wednesday, November 18, 2020 | 6:00pm-8:00pm **SPANISH**

Friday, November 20, 2020 | 1:00pm-3:00pm

Monday, November 23, 2020 | 10:00am-12:00pm

Monday, November 23, 2020 | 6:00pm-8:00pm

Tuesday, November 24, 2020 | 10:00am-12:00pm

Wednesday, November 25, 2020 | 10:00am-12:00pm

Monday, November 30, 2020 | 6:00pm-8:00pm

If you'd like additional information or assistance with registering, contact

Samuel A. White—ROSS Service Coordinator

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www.tobaccofreeflorida.com

