

GREAT AMERICAN SMOKEOUT



Every year, on the third Thursday of November, smokers across the nation take part in the American Cancer Society Great American Smokeout. They may use the date to make a plan to quit, or plan in advance and then quit smoking that day. The Great American Smokeout event challenges people to stop using tobacco and helps people know about the many tools they can use to help them quit and stay quit.

**HEALTH PROMOTION PRESENTS:
2015 GREAT AMERICAN SMOKEOUT
1.5 Mile RUN-WALK**

When: Thursday, November 19, 2015 at 0600

Where: Quick Field, Joint Base Pearl Harbor-Hickam



Presented by NHCH Health Promotion

For more information call us at:

808.471.2280

