

Naval Health Clinic Hawaii  
Health Promotion



# **GREAT AMERICAN SMOKEOUT (GASO)**

**QUIT TOBACCO.**  
make everyone proud

Just for one fine day, commit to be tobacco-free, or support someone to say "No" to Tobacco this **Thursday, 20 November 2014**. Visit us at the NEX Rotunda, 10 a.m. — 1 p.m.

Check out our learning materials and tools to assist you or someone towards a Tobacco-Free Life...a healthier life style...a cleaner environment.



Pledgers or supporters will have an opportunity to win a fruit basket or commissary gift voucher drawing courtesy of PH DeCA.

Health Promotion Department  
We're here to help you quit  
tobacco. Contact us at:  
471-2280 or 473-2444 x 94507

Find support for quitting online at [www.UCanQuit2.org](http://www.UCanQuit2.org)