

GREAT ★ AMERICAN STOMP OUT



WHAT IS GASO

The Great American Smoke Out

The American Cancer Society dedicates the 3rd Thursday of November to help smokers quit. 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 November 15 be your day to start your journey toward a smoke-free life. You'll be joining thousands of smokers 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, visit <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html> to learn more.

The Great American STOMP Out

For this year's Great American Smoke Out, Tobacco Free for a Healthy NJ (TFHNJ) wants to bring NJ all of the resources necessary to help our residents quit smoking! We also want to use this opportunity to continue educating our merchants with the STOMP Out Youth Tobacco Use - STOMP 21(hence the play on words!) Visit the resources section of this page to learn more.