

**WHEN TRYING TO QUIT SMOKING,
SUPPORT CAN MAKE ALL THE DIFFERENCE.**



The Great American Smokeout is November 17!

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 be your day to start your journey toward a smoke-free life.

You don't have to do it alone: let Wellness@Work help you make a plan. Our Tobacco Treatment Specialist is here to help with support and medications.

Give us a call at 919-968-2796!

Quitting starts here.

