

ACCESS YOUR "QUIT KIT" TODAY

TO SUPPORT YOUR TOBACCO FREE JOURNEY



In recognition of Great American Smoke Out on November 18th, Tampa General Hospital and the American Cancer Society invite you to access tobacco cessation resources online at: tgh.org/GASO.

Here you will find:

- A survey to gauge where you are in your tobacco –free journey
- Registration links for online and in person cessation programs
- American Cancer society resources
- Lung Cancer screening information
- Information on where to pick up a TGH swag bag with tobacco cessation resources

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Let the Great American Smoke Out event be the day you start your journey toward a smoke-free life! You'll be joining thousands of people across the country in taking an important step toward a healthier life and reducing your cancer risk.